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## LUCY TWEED

Lucy Tweed is a stylist who works with Sydney's most prestigious brands to instill generosity and warmth into their products. Lucy possesses an innate talent and adept skill for bringing spaces and moments to life by enticing customers to get lost in their experiences. Her unique style is at once evocative, satisfying and relaxed.

Having worked as an in-house stylist for Donna Hay for several years, in 2011, Lucy went freelance and has worked with Gourmet Traveller, Zeus Brothers, Bo Thai, Verve Clicquot and Oprah.

While her shorthand, sometime curse-littered dinner inspiration posts are cheerful and reckless, Lucy's food M.O. is authentic and straightforward. Her focus is on clean ingredients, supporting local businesses, balancing the diets of her family, deliciousness and of course the necessary hack or shortcut we are all looking for.

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"You can imagine the nutrient rich plains nurturing the flora and fauna so that at the perfect time of harvest Tasmanian produce is ripe with flavour and freshness. Having access to slow farmed poultry, small batch miso, family pressed olive oil and organic wine encapsulates the meaning of good food to me. This kind of growing and making leaves you feeling clean, happy and thoroughly 'hugged' from the inside." Lucy.

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# ROAST CHICKEN ON CORN TRIVET

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## INGREDIENTS

1 x 1.5kg Tasmanian Nichols ethical free range chicken	1 teaspoon sea salt
3 corn cobs, husks and silks removed, cut evenly into 4cm pieces	½ teaspoon sweet paprika
1 bunch thyme	1 tablespoon white miso paste
3 tablespoons olive oil, plus extra for pan-frying	50g butter
	1 bunch cavolo nero, tough ribs discarded, leaves and tender ribs kept whole

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## METHOD

Preheat the oven to 200°C (400°F).

Oil a large roasting tin.

Stand the corn cobs up in the tin to create a trivet for the Tasmanian chicken. Scatter the thyme sprigs over the base. Massage the Tasmanian chicken with the oil, salt and paprika and place on the corn cobs.

Pour 1½ cups (375 ml) of water into the base of the tin.

Roast the Tasmanian chicken for 1 hour.

Check it's cooked by piercing the thigh meat and making sure the juices run clear.

Drain the juices from the Tasmanian chicken and set aside to rest.

Remove all the thyme sprigs you can from the tin.

Cut the kernels from the corn and return to the tin with the miso, butter and ½ cup (125 ml) of water. Allow this to bubble and braise.

Pan-sear the cavolo nero in a splash of oil in a separate pan. Or, simply blanch in boiling water – there's enough flavour to bring this baby to the party if you want to avoid washing up another pan.

Serve succulent slices of the chook, with the greens and the sweet sauciness of the miso, butter and corn braise.

Serves 4–6.

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For all recipes visit – [www.trade.tasmanian.com.au](http://www.trade.tasmanian.com.au)

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