

SWEET CHILLI CHICKEN

INGREDIENTS:

1.5 kg chicken
15g oregano (freshly ground is preferable)
garlic cloves finely chopped or blended in food processor
50g sea salt
20g freshly ground black pepper
40g sweet chili powder
1 large onion finely chopped or blended in food processor
100mL lemon juice · 100mL olive oil
Sprig of rosemary approximately 15cm in length

PREPARATION:

Mix all the above mentioned ingredients except for the lemon juice and oil and allow chicken to marinate. The blended onion should add moisture to the marinade, however if this is too dry, add some olive oil. Pour the lemon juice and olive oil into a jar and baste using the rosemary every 15-20minutes.



Cook
Time 

2.0HRS.

IMAGE BELOW

golden crispy skin
makes the perfect
roast chicken

HOT TIP

Use a thermometer to ensure your
chicken breast is 75 degrees

