Piri piri chicken

1.6kg whole chicken

**for the marinade:**

60ml freshly squeezed lemon juice

4-5 garlic cloves, minced

a small bunch of flat leaf parsley (leaves and stalks), finely chopped

1 tbsp fresh ginger, finely chopped

2 red chilli peppers, sliced

1 tsp honey

1 tsp smoked paprika

½ tsp cayenne pepper

½ tsp dried thyme

1 tsp dried oregano

1 tsp sea salt

Serves 5

Per serving:

313 calories

45g protein

4g carbs

13g fat

Place the marinade ingredients in a bowl and stir well. Alternatively, you can blitz everything in a food processor.

Place the chicken in an ovenproof dish.

Spoon the marinade over the chicken, covering thoroughly.

Cover and refrigerate for 1-2 hours.

Preheat oven to 200˚C/400˚F.

Roast the chicken for 1 hour 15 minutes, or until cooked through.

The juices should run clear when a skewer is inserted into the thickest part of the chicken breast.

Cover the chicken loosely with foil and leave it to rest for 10 minutes before carving.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Piri piri chicken .png