



INDIAN-SPICED ROAST CHICKEN









Indian Spiced Roast Chicken

Ingredients:

½ cup vegetable oil (or use ½ cup plain yogurt) 
3 tbsp Garam Masala 
½ tsp paprika 
½ tsp ground cardamom 
½ tsp turmeric 
½ tsp ground coriander 
½ tsp chili powder 
2 tsp salt 
1 tsp pepper 
1 tsp sugar 
3 tbsp lemon juice 
3 garlic cloves, crushed 
1 tsp crushed ginger 
2 kg (4lb) whole chicken 
1 onion, quartered 
4 garlic cloves 

Instructions:

-  Preheat: Oven to 200°C/400°F
-  Prepare Marinade: Mix spices, oil (or yogurt), and lemon juice together until well combined
-  Marinate Chicken: Loosen skin over the chicken breast. Brush marinade under the skin and into the cavity 
-  Roast: Place chicken in a roasting dish with onions and garlic. Roast at 200°C/400°F for 20 minutes. Reduce heat to 180°C/350°F and roast for another 30-40 minutes until cooked through
-  Rest: Let the chicken rest for 10 minutes before carving and serving