

Roasted Chicken

Ingredients:

2 chicken thighs (250 g each)

1 tsp salt

Marinade:

100g (4 oz) creamed coconut

5ml (1 tsp) five-spice powder

45ml (3 tbsp) lemon juice

5ml (1 tsp) coriander seeds

30ml (2 tbsp) soy sauce

5ml (1 tsp) cumin seeds

30ml (2 tbsp) vegetable oil

90ml (6 tbsp) peanut butter

2 garlic cloves, crushed

Large pinch of chilli powder

5ml (1 tsp) ground turmeric

Method:

1. Cut into the left and right sides, and spread the meat open to make it evenly thick and flat.
2. Place the skin side upward, and use a fork to punch holes.
3. Then, cut the meat in half.
4. And rub it with salt.
5. Make the marinade. Put these ingredients into a bowl and stir them.
6. Let the chicken marinate for 30 minutes or more.
7. Line the tray with a cooking sheet or aluminium foil.
8. Then arrange the marinated meat on the tray with the skin side facing upward.
9. Place it in the upper rack.
10. Set to 210°C and cook for about 13 to 18 minutes.