

PORTUGUESE STYLE CHICKEN

Marinade

- 80g tin of roasted peppers and the liquid
- 1½ tbsps molasses
- 120 ml red wine vinegar
- 3 garlic cloves, peeled
- 2 tsps dried oregano
- 1 tsp paprika
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper
- 1 lime, use the zest and juice
- 120 ml olive oil
- 1 birds eye red chilli, add more if you like it spicy
- ½ a chicken

Method:

- Using a blender or smoothie maker add all of the marinade ingredients and blend into a smooth paste.
- Season the chicken well with salt and pepper, place into an oven dish.
- Cover the chicken with the paste, cover with foil and marinade in the fridge for an hour, or longer if you can. It will taste great if you leave it overnight.
- Heat the oven to the hottest setting, once hot place the chicken in and cook for 15 minutes covered.
- After this time turn the heat down to 200 degrees and cook for another 20 minutes.
- The chicken should now be juicy and cooked, remove the foil, carefully pour some of the hot marinade back over the chicken and turn the oven to the hottest setting, cook for another 10-15 minutes or until the chicken is nicely charred, alternatively stick onto a hot BBQ and get it crisp.