



## Lime & coriander chicken



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 medium meat from a rotisserie chicken ( 1.6kg 3lb 8oz)
- ☐ 3 garlic cloves
- ☐ 2 tbsp peppercorn black
- ☐ 2 juice of lime cut into wedges, to serve
- ☐ 1 bunch coriander finely chopped

## Equipment

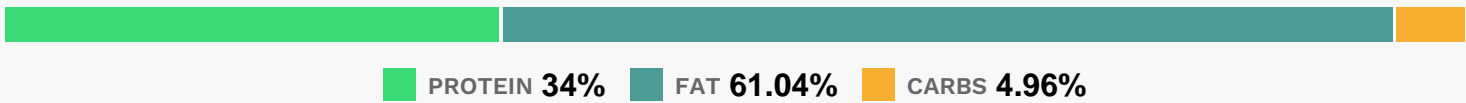
- ☐ knife
- ☐ mortar and pestle

- ☐ kitchen scissors
- ☐ cutting board
- ☐ cleaver

## Directions

- ☐ First, spatchcock the chicken so that it will sit flat on the barbecue. All this means is using a pair of kitchen scissors or a sharp kitchen knife to cut down either side of the parsons nose to completely remove the backbone. Then, place the chicken, breast side up, on a chopping board and push down hard to flatten with your hands. Use a sharp knife to make lots of deep slashes in the chicken, about three in each breast and two in each leg.
- ☐ In a mortar and pestle, crush the garlic and peppercorns together to a grey, mushy paste. Stir the lime juice into the paste, then the chopped coriander.
- ☐ Put the chicken in a dish and massage the marinade into the chicken. Cover with cling film and refrigerate for at least 2 hours, but preferably overnight.
- ☐ To cook the chicken, fire up the barbecue. When the flames die down and the coals are hot and glowing, lay the chicken on the barbecue, skin side up, and sprinkle with salt. You will be tempted to keep prodding it and lifting it up, but leave it alone. After 25 mins, the chicken will look like its cooked through, but flip it over and give the skin side 10 mins to brown. Lift the chicken onto a chopping board and leave to rest for a few minutes.
- ☐ You can now carve conventionally but I like to get a cleaver and chop it straight down into thick slices. Pile it up on a platter and serve scattered with fresh coriander and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:16.524782408839%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 429.56kcal (21.48%), Fat: 28.88g (44.42%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.33g (0.36%), Cholesterol: 142.83mg (47.61%), Sodium: 135.91mg (5.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.38%), Vitamin B3: 13.07mg (65.34%), Selenium: 28.02µg (40.03%), Manganese: 0.72mg (36.13%), Vitamin B6: 0.72mg (35.88%), Phosphorus: 294.35mg (29.43%), Vitamin B5: 1.85mg (18.46%), Zinc: 2.6mg (17.35%), Vitamin K: 17.37µg (16.54%), Vitamin B2: 0.25mg (14.44%), Potassium: 463.37mg (13.24%), Iron: 2.29mg (12.7%), Magnesium: 48.92mg (12.23%), Vitamin C: 8.79mg (10.65%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 436.63IU (8.73%), Copper: 0.17mg (8.66%), Vitamin B1: 0.13mg (8.62%), Fiber: 1.43g (5.71%), Calcium: 50.61mg (5.06%), Vitamin E: 0.71mg (4.72%), Folate: 15.08µg (3.77%), Vitamin D: 0.38µg (2.54%)