

DINNER

Mojito Chicken

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
150 min	30 min	120 min	6	\$0.95	296 kcal

If you have approximately 2 hours and 30 minutes to spend in the kitchen, Mojito Chicken might be a tremendous gluten free, dairy free, paleolithic, and primal recipe to try. One portion of this dish contains roughly 18g of protein, 23g of fat, and a total of 296 calories. This recipe serves 6.

Ingredients

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| ☐ 1 tablespoon freshly ground black pepper | ☐ 2½ pound chicken |
| ☐ 4 tablespoons extra virgin olive oil | ☐ 2 tablespoons garlic powder |
| ☐ ¼ teaspoon ground cumin | ☐ 2 tablespoons kosher salt |
| ☐ 1 tablespoon onion powder | ☐ 1 tablespoon dried oregano |
| ☐ 1 teaspoon paprika | |

EQUIPMENT Frying pan, Oven, Mixing bowl, Broiler, Ziploc bags, Poultry shears

Method

- 1 Remove backbone of chicken with poultry shears; flatten chicken out by pressing firmly on skin part of chicken so it will sit evenly in a pan.
- 2 Preheat oven to 300 degrees F.
- 3 Combine all the dry spices and rub chicken with spice mixture, especially under the skin. Put into a resealable plastic bag and refrigerate for 30 minutes.

- 4 In a large mixing bowl combine all the ingredients for the marinade, then add chicken to marinade and refrigerate for at least 1 hour.
- 5 Remove chicken from marinade and shake off excess marinade. In a large saute pan over medium to high heat, add 4 tablespoons of extra virgin olive oil. When oil is hot, place chicken skin side down and sear.
- 6 When skin is golden brown flip chicken and add 1/2 cup of marinade into pan; place pan in oven and cook the chicken for 25 minutes or until chicken has internal temperature of 165 degrees F.
- 7 Remove the chicken from oven and brush with Mojito Glaze.
- 8 Place chicken under broiler for 5 minutes.
- 9 Remove from broiler, cut and serve immediately with more glaze on the side.

Nutrition per serving

296	18 g	23 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.2 g · 33% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			0.2 g · 0% of daily needs
Sodium			2,392 mg · 104% of daily needs
Cholesterol			68 mg · 23% of daily needs
Vitamin C			1.8 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/mojito-chicken-142196