



Tandoori roast chicken

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 kg chicken
- ☐ 2 onion sliced
- ☐ 1 optional: lemon halved
- ☐ 1 piece ginger peeled sliced
- ☐ 400 g coconut milk canned
- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 150 ml yogurt
- ☐ 1 tbsp tomato purée

- ☐ 1 juice of lemon
- ☐ 1 tsp ground coriander hot
- ☐ 6 garlic clove with the ginger
- ☐ 0.5 ginger with the garlic

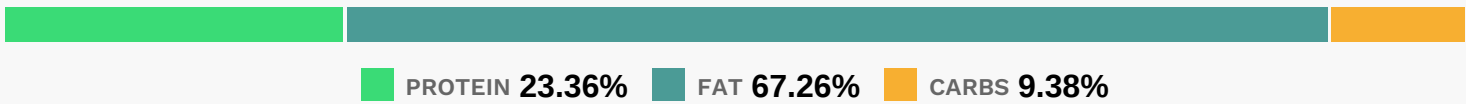
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Mix the marinade ingredients with 2 tsp salt and 1 tsp black pepper. Slash the legs of the chicken a few times, then rub the marinade all over, including under the skin of the breast. Marinate in the fridge for up to 24 hrs.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the onions, lemon halves and ginger in a roasting tin. Sit the chicken on top and roast for 1 hrs or until the thigh juices run clear when tested with a skewer.
- ☐ When the chicken is done, lift out of the tin, sit in a new dish, cover loosely with foil and leave to rest. Fish out the ginger from the tin and discard. Scrape out the roasted middles from the lemons into a food processor, add the onions and any pan juices, and whizz to a pure. Scrape the pure back into the tin and sit on the hob. Stir in the coconut milk and bubble gently, scraping up any chicken bits that have stuck. You can add a splash of water if the sauce is too thick. Stir in the coriander and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:25.781304328338%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 761.69kcal (38.08%), Fat: 57.89g (89.06%), Saturated Fat: 31.28g (195.47%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 13.78g (5.01%), Sugar: 8.65g (9.61%), Cholesterol: 167.05mg (55.68%), Sodium: 190.18mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.24g (90.48%), Vitamin B3: 15.72mg (78.59%), Manganese: 1.14mg (57.18%), Selenium: 39.37µg (56.24%), Phosphorus: 487.46mg (48.75%), Vitamin B6: 0.96mg (48.02%), Vitamin C: 30.33mg (36.76%), Zinc: 3.95mg (26.33%), Potassium: 919.34mg (26.27%), Vitamin B5: 2.49mg (24.9%), Magnesium: 98.15mg (24.54%), Iron: 4.16mg (23.11%), Copper: 0.45mg (22.28%), Vitamin B2: 0.35mg (20.55%), Fiber: 4.38g (17.52%), Vitamin B1: 0.22mg (14.52%), Vitamin B12: 0.81µg (13.55%), Folate: 48.7µg (12.18%), Calcium: 120.68mg (12.07%), Vitamin A: 504.1IU (10.08%), Vitamin K: 10.05µg (9.57%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.47µg (3.14%)