

Garlic Chilli Yogurt Marinated Roast Chicken



Ingredients

- 1 whole chicken (3-4 lbs)
 - 2 tbsp Garlic Chilli Paste
 - 1/2 cup plain yoghurt
 - 1 tbsp soy sauce
 - 1 tbsp honey
 - 1 tbsp rice vinegar
 - 1 tbsp sesame oil
 - 1 tsp ground ginger
 - 1 tsp ground cumin
 - Salt and black pepper to taste
 - 3 cloves garlic, minced
 - 1 onion, sliced
 - 1 tbsp vegetable oil
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Method

1. Preheat your oven to 190°C.
2. In a small bowl, whisk together the garlic chilli paste, yoghurt, soy sauce, honey, rice vinegar, sesame oil, ground ginger, and ground cumin. Set aside.
3. Rinse the chicken inside and out and pat it dry with paper towels. Season the chicken with salt and black pepper, both inside and out.
4. Place the chicken in a roasting pan and spread the garlic chilli paste and yoghurt mixture all over the chicken, making sure to coat it evenly.
5. Scatter the minced garlic and sliced onion around the chicken, drizzle with vegetable oil, and sprinkle with salt and black pepper.
6. Roast the chicken in the preheated oven for 1 to 1 1/2 hours, or until the internal temperature of the thickest part of the chicken reads 74°C.
7. Once the chicken is cooked, remove it from the oven and let it rest for 10 minutes before carving and serving.