



Preparation time: 1 day + 50 minutes Serves 4

Fragrant Spiced Chicken

As its name suggests, this aromatic dish is redolent with spices that complement the juicy tenderness of the chicken. With minimal fat content and cooking involved, it is a great dish for any occasion.

Per serve	
Calories	186 kcal
Carbohydrate	3.3 g
Fat	10.2 g
Cholesterol	57 mg
Fibre	0.2 g

INGREDIENTS

Whole chicken	1, skinned
<i>Marinade</i>	
Cooking oil	2 Tbsp
Shallots	55 g (2 oz), peeled and chopped
Lemon grass	30 g (1 oz), bruised and finely chopped
Galangal	2.5-cm (1-in) knob, peeled and finely chopped
Dried chillies	6, soaked until soft, seeded and chopped
Red chillies	55 g (2 oz), blended
Fennel	1 tsp
Cumin	1 tsp
Salt	a pinch
Pepper	a pinch
Water	200 ml (6½ fl oz / ⅘ cup)

METHOD

- Prepare a day in advance. Prepare marinade. In a wok, heat oil over medium heat. Add shallots and fry until fragrant, then add lemon grass and galangal and fry for 1 minute.
- Add dried and fresh chillies and reduce heat to low. Fry for 3–5 minutes, then add fennel, cumin, salt and pepper. Add water for another 3–5 minutes before removing from heat. Set aside to cool.
- Place chicken in a large mixing bowl and pour in marinade. Season by rubbing in marinade thoroughly. If preparing a day ahead, refrigerate and leave to marinate overnight.
- Preheat oven to 160°C (325°F).
- Place chicken and marinade on a lightly greased baking tray and bake for 30 minutes or until chicken is tender, with juices running when pricked with a fork.
- Slice chicken into serving pieces and serve immediately.