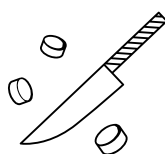


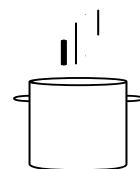


Tandoori Roast Chicken with Coconut Sambal

A classic roast dinner with a tandoori twist.



20



180



4

Ingredients

1 free range chicken (1.5-2kg)

For the Tandoori Marinade:

1 tbsp garam masala

1 tsp ground coriander

1 tsp chilli powder

1 tsp paprika

½ tsp turmeric

½ tsp ground cinnamon

3 cloves garlic crushed

Small piece fresh ginger, grated

100ml natural yoghurt

Juice ½ lemon

1 tbsp The Groovy Food Company High Five Oil

700g maris piper potatoes peeled

2 tbsp The Groovy Food Company Virgin Coconut Oil

For the Coconut Sambal:

100g fresh coconut, grated

1 green chilli, deseeded

½ clove garlic

Directions

1. Mix the dry tandoori spices in a large bowl along then remove a teaspoon full and set this aside for the roast potatoes.
2. Combine the rest of the spices with the natural yoghurt, ginger, oil, lemon juice and garlic then set aside.
3. Place the chicken on a baking tray, slash the thighs with a sharp knife then rub with the tandoori paste. Cover and refrigerate for at least two hours but overnight if you can.
4. Par boil the potatoes, which have been cut into chunks for 4-5 minutes, drain and leave for 5 minutes, give a quick toss to knock off the edges and set aside.
5. Before cooking, stuff some coriander and the lemon halves inside of the chicken cavity.
6. Roast in a pre heated oven set at 190°C/gas mark 5 for 45 minutes per kilo plus 20 minutes.

1 tsp The Groovy Food Company Agave Nectar
Amber and Mild
1 tsp The Groovy Food Company High Five Oil
Small handful fresh coriander
Juice 1 lime

7. Baste occasionally until the chicken is completely cooked and the juices run clear when a skewer is inserted into the thickest part.
8. One hour before the end of the cooking time add the coconut oil into the baking tray, add in the par boiled potatoes making sure they get a good coating of oil then season with salt and pepper and the reserved spices. Roast for around 1 hour, turning a couple of times until crispy and golden.
9. To make the sambal, place all of the ingredients into a mini blender along with some water and blitz until a paste but still retaining some texture.
10. Season with salt and leave to stand for at least 10 minutes before serving.