

Miele



Spice crusted chicken

By Miele

2 hours 30 minutes

Prep time

15-20 minutes

Cooking time

4-6 Servings

Serves

INGREDIENTS

- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 4 tablespoons oil
- 2 cloves garlic, crushed
- 1 tablespoon grated fresh ginger
- 3 teaspoons ground cumin
- 5 teaspoons ground coriander
- ¼ teaspoon ground cayenne pepper
- 2 teaspoons sweet paprika
- 4 chicken breasts

Mint Yoghurt Sauce

- ¾ cup plain yoghurt
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped chives
- 2 cloves garlic, crushed
- 1-2 tablespoons lemon juice
- ½ teaspoon sea salt

METHOD

1. Combine all ingredients and massage into the chicken breasts. Allow to marinade for 2 hours.
2. Insert grease filter in the rear of the oven. Pre-heat the oven grill on setting 3.
3. Place the chicken on the baking and roasting rack which is positioned over the multi-purpose tray. Change function to Combination Grill –setting 3 – 85% moisture. Place on shelf position 2 and cook for 15 -20 minutes.
4. Remove from the oven. Cover chicken loosely with foil and rest for at least 5 minutes before slicing. Serve with the Mint Yoghurt sauce, warm flatbreads and some bitter greens.
5. Mint Yoghurt Sauce
6. Combine all ingredients and mix well.