



ASIAN ROAST CHICKEN

Nutrition Facts (per 100 grams of chicken): Calories 200, Protein 22g, Carbs 23g, Fat 3g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 90 min



INGREDIENTS

Marinated Whole Chicken (800

gram)

Rice

Mushrooms

Coconut Oil

Onion

Ginger-Garlic Paste

Dark Soya Sauce

Thai Spices

METHOD

Roast Chicken:

1. Preheat oven to 180C.
2. Gently place chicken in a large enough roast or baking dish, breast up, make sure to add all marinate drippings.
3. Cover with baking paper then seal well with aluminum foil.
4. Cook in hot oven for 1 hour covered.
5. Remove cover and turn on the top grill on low.
6. Cook for 7-10 minutes or until skin is deep golden. Do not burn. Alternatively, carefully flip the chicken first so the breast is down, cook (7-10 min) until roasted, flip again and repeat on the other side.
7. While chicken is roasting, cook rice as instructed in the next section.
8. Remove from oven & rest for 15 minutes then transfer to serving dish & serve immediately with rice and drippings on the side.

Mushroom Rice:

9. Prepare boiling water as directed on label.
10. Place a suitable pot on medium heat. Add oil & swirl to heat.
11. Add onions & cook stirring until it starts to turn golden.
12. Add mushrooms & garlic-ginger paste and cook while stirring for 2 minutes or until mushrooms are wilted.
13. Add soy sauce & spices & stir to combine, immediately add washed rice & gently stir for a few seconds until all ingredients are well incorporated.
14. Add measured boiling water, increase temperature to high.
15. Bring to boil over high heat, cover immediately then reduce heat to low and cook for 20 minutes or until all liquid is absorbed. Remove from heat and rest covered for 5 minutes. Gently fluff to serving dish.