



Even with a yellow sticker a very small Chicken is now more expensive than a medium Chicken was last year. But let's not get into a rant about food prices. A Chicken for less than £3 seems to be a bit of a win at the moment?.

Ingredients:-

- 1 Whole Chicken
- 1 Tbsp of Chilli Powder
- 1 Tbsp of fresh Ginger, minced to a paste
- 1 Tbsp of Garlic, minced to a paste
- 1 Tsp of Cumin
- 1 Tbsp of Spirit Vinegar
- 50g of Olive based Margarine, melted
- 3 Potatoes, quartered
- 2 Tbsp of Honey
- 2 Red Onions, quartered
- 1 Lemon, half sliced, the remainder as is
- 2 Bulbs of Garlic, with the paper removed
- Salt & Pepper to taste

Method:-

- (1) Combine the Chilli Powder, Ginger, Garlic paste, Cumin, Vinegar, Honey, Melted Margarine , Salt & Pepper in a bowl.
- (2) Cover the Chicken with this marinade both over and under the skin.
- (3) Place in the fridge for at least 2 hours.

- (4) Arrange the Potatoes, Onions and Garlic Cloves in an oven proof tray.
- (5) Lay the Lemon sliced on top.
- (6) Place the Chicken over this.
- (7) Insert the remaining half of the Lemon in the cavity and truss the legs with string.
- (8) Place in a pre-heated oven at 180c and baste with the marinade half way cooking.
- (9) Cool until the juices run clear, depending on the size of your Chicken.

We served ours with Onion Bhaji Yorkshire Puddings. Recipe to follow!