



CHICKEN IN GAZAN SPICES

Nutrition Facts (per 100 grams of chicken): Calories 184, Protein 22g, Carbs 14g, Fat 6g

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

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



INGREDIENTS

Whole Chicken (800 gram),

Gazan Spice Seasoning

Olive Oil

Garlic

Cauliflower

Potato

Pumpkin

METHOD

1. Preheat oven to 180C.
2. Place Vegetables in a large enough roast or baking dish. Make sure to add all marinate drippings.
3. Gently place chicken over the veggies, breast up.
4. Cover with baking paper then seal well with aluminum foil.
5. Cook in hot oven for 1 hour covered.
6. Remove cover and turn on the top grill on low.
7. Cook for 15 minutes or until skin is deep golden. Do not burn.
8. Remove from oven and rest for 15 minutes then serve immediately with rice on the side.



BON APPETIT