

Tandoori Masala Roast Chicken

Who doesn't love a good old roast chicken on a Sunday or any day of the week in fact. Well, how about giving this British Sunday classic a twist with the help of some spices.

And if there is one piece of advice I can give you to help you get super juicy breasts and tender thighs is invest in a digital thermometer.



Serves: 6

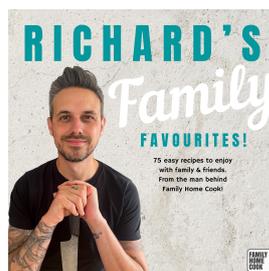
Prep Time: 10 minutes

Rest/Marinate Time: 2 hours or overnight

Cooking Time: 1 hour 20 minutes

Ingredients

- 2 kg whole chicken.
- 500 g natural yoghurt.
- 2 tbsps of tandoori masala powder.
- 1 tbsp of minced ginger & garlic paste.
- 1 tsp of turmeric.
- Chilli powder to taste (optional).
- 2 lime, juice.



Find this recipe on page 108 of [my book](#).

Method

- In a large bowl put all the ingredients apart from the chicken, season and squeeze the juice from one of the limes and give it a good mix. Add the chicken and coat completely inside and out and get some under the skin if you can. Get a roasting tray and line with baking paper, place the chicken on top and put the used lime inside the chicken. Cover loosely with tinfoil and pop into the fridge too marinade for at least 2 hours, the longer the better or overnight would be best.
- Take the chicken out of the fridge at least 30 minutes before roasting to allow it to come to room temperature, while you wait preheat the oven to 200°C. With the tinfoil still on pop into the oven and roast for 1 hour and 25 minutes, removing the tinfoil for the last 25 minutes.
- Once the chicken is cooked, transfer to a carving board, cover with foil and rest for 10 minutes. Carve the chicken, arrange on a serving platter and drizzle with the pan juices and squeeze the remaining lime all over.
- The chicken is cooked through when the thickest part reads 75°C on a digital thermometer or the juices run clear when pierced with a skewer. I cook in the oven till the temperature reaches 71°C because in the resting time it will continue to cook and reach the 75°C mark.