

Chicken with Spiced Yoghurt Marinade

Serves 4-6

60 mins cook + 2 hours marinade

1 main ingredient

What you'll need

Main ingredients

1 whole chicken, spatchcocked or 6-8 thighs - skin on

Fresh/ frozen

Juice of 1 lemon

200g Greek yoghurt

Store cupboard

Dried oregano, 2 tbsp

Paprika, 1-2 tbsp

Cayenne pepper, 2 tsp

Turmeric, 1 tsp

Chilli flakes. ½ - 1 tsp

Olive oil, about 4 tbsp

Salt & Pepper, to taste

What to do

1. Make the marinade first. Put about 200g greek yoghurt in a bowl and add the following herbs and spices. 2 tbsp dried oregano, 1-2 tbsp paprika, 2 tsp cayenne pepper, 1 tsp turmeric, ½-1 tsp chilli flakes, salt & pepper to taste and the juice of a lemon. Mix well.
2. Put the chicken into a baking tin and pour over the marinade. Use your hands to rub it all over and on both sides. Cover the tin and pop in the fridge to marinade for at least 2 hours.
3. When ready to cook, remove from the fridge as you preheat the oven to 180 degrees C fan. Once the oven has come up to temperature, pop in the spatchcocked chicken on the middle shelf for an hour (or about 40 mins if using thighs) and turn halfway through.
4. Serve with a fresh green salad, or steamed green of your choice.

Notes & tips

- 75 degrees C: is the temperature at which chicken is cooked. Insert a food thermometer into the thickest part of the meat. Or check that the juices run clear and the flesh is opaque
- Spice: make it as spicy as you like -as is, this recipe is mild to medium in heat
- Recipe's: inspired by the Pioppi Diet