

## Chicken with Yogurt and Spices

Coriander, lemon and green chilli combined with yoghurt and turmeric to make this fragrant and spicy dish very special and one of our favourites. For the tastiest results, I find it best to leave the chicken overnight in the marinade.



4



30 mins



15-20 mins



### INGREDIENTS

- 1 Bannockburn Free Range Chicken jointed into 8 pieces
- Olive oil
- Sea salt
- Freshly ground white pepper
- Fresh coriander sprigs for garnish

#### Marinade

- ½ onion, sliced
- 2 cloves garlic, chopped
- 1 long green chilli
- ¼ lemon, sliced
- 30g ginger, shredded
- 1½ tablespoons turmeric
- 1 teaspoon ground coriander
- ½ cup of finely chopped fresh coriander
- 500g yoghurt
- 40 ml white wine
- Freshly ground white pepper

### METHOD

1. Combine the marinade ingredients and add the chicken pieces. Refrigerate the mixture for 12-24 hours.
2. Preheat the oven to 175°C.
3. Remove the excess marinade from the chicken. Place a frying pan over a medium high heat and add three tablespoons of olive oil. Season the chicken with salt and freshly ground pepper. Brown the chicken pieces, skin side down, in batches to colour.
4. Place them in a roasting tray, then in the oven to finish cooking. Remove the chicken breast when cooked, approximately 5 minutes, and leave the remaining joints to bake for a further 10 minutes. Rest the chicken pieces for 5 minutes, allowing the juices to be absorbed.
5. To serve, place the chicken pieces on a platter and sprinkle with olive oil and the sprigs of coriander. A couscous salad would go well with this dish.