INDIAN · DINNER

Whole Tandoori Roast Chicken (Skinless, in the Oven)

135 min · plus 18–24 hours marinating · Serves 8 · 276 kcal a serve

Video 8:45 · The Love Of Spice

Gluten-free ingredients · No nuts listed

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About 27 g protein and 6 g net carbs a serve: skinless chicken in a yoghurt and spice marinade, roasted instead of fried, with about 7 g of oil a serve.

Diet notes: Low saturated fat (2.9 g, 9% of the energy).

Ingredients 15 · SERVES 8

- [ ] 1 whole **chicken**, about 2.3 kg, skin and fat removed
- [ ] 5 tbsp **lemon juice** (most is drained off)
- [ ] 2 tsp **salt**, with the lemon juice (most is drained off)
- [ ] 120 g thick (hung) yoghurt
- [ ] 4 tbsp **ginger-garlic paste**
- [ ] 3 tbsp **Kashmiri chilli powder**
- [ ] 2 tbsp kasoori methi (dried fenugreek leaf) powder
- [ ] 1 tbsp **tandoori masala**
- [ ] 1 tbsp **ground coriander**
- [ ] 1 tbsp **garam masala**
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **chaat masala**
- [ ] 1 tsp **salt**, for the spice paste
- [ ] 1½ tbsp **cornflour**, plus about 1 tbsp for dusting
- [ ] 3 tbsp **oil**, plus about 1 tbsp for basting

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pull off the chicken's skin and trim away the fat (or ask your butcher), then rinse and pat it dry. 1:53
2. Cut deep slashes all over, rub in the lemon juice and salt, and leave it 20 minutes, turning it halfway. 3:19
3. Mix the yoghurt, ginger-garlic paste, spices, salt, 1½ tbsp cornflour and 3 tbsp oil into a thick paste. Drain the lemon liquid, coat the chicken and the cuts well, and refrigerate 18–24 hours (at least 4–6). 4:39
4. Take the chicken out 30 minutes before cooking and heat the oven to 220°C with the rack in the centre. 5:43
5. Set the chicken breast side up on a roasting rack, drizzle with a little oil and dust the top with cornflour through a small sieve. 6:18
6. Roast 30 minutes, turn it over, oil and dust that side and roast 30 minutes more; turn back and roast 10–15 minutes, until the thickest part of the thigh reads 74°C. 7:03
7. Rest it 15–20 minutes, then carve. Serve with green chutney, lemon wedges and sliced onion. 8:06

> **Tip** Serves 8 (the cook's own number). Removing the skin lets the spice paste reach the meat and keeps it lean. Leftover meat is lovely in salads and wraps.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	27 g	9 g	2.7 g	15 g	660 mg
1,150 kJ	54% of a day	6.3 g net · 1.1 g sugars	10% of a day	2.9 g saturated	29% of a day
		3% of a day		19% of a day	

Energy from net carbs 9% · protein 40% · fat 51% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 49% · Omega-3 45% · Vitamin B6 34%

Source of (10–19%) Zinc 17% · Vitamin E 17% · Vitamin B12 16% · Iron 15% · Vitamin K 10%

Recipe and video: The Love Of Spice (@TheLoveOfSpice) on YouTube — youtube.com/watch?v=r6K0u-6ohHo, published 20 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/whole-tandoori-roast-chicken