



VITAL STATISTICS

Preparation Time

5 minutes + marinating time

Cooking Time

90 minutes

Serves

4-6

INGREDIENTS

2 tbsp Veeraswamy Kashmiri spice blend
1 tbsp tomato puree
2 tsp Bart Garlic paste
150ml plain yoghurt
1.8kg whole roasting chicken
1 onion thickly sliced
1 lemon, thickly sliced

KASHMIRI ROAST CHICKEN

Combine the spice mix, puree, garlic and yoghurt.

Rub the mixture all over the chicken and under the skin on the breast. Seal in a container or food bag and allow to marinate in the fridge for 4 hrs or overnight.

Heat the oven to 180C. Put the slices of onion and lemon in the bottom of a roasting dish. Sit the chicken on the top and cover with foil halfway through. The chicken is done when its cooked through and the juices run clear.

Lift the chicken out onto a warm carving plate, loosely cover with foil and allow to rest for 10 minutes before carving.

The chicken will look quite dark when its cooked but don't worry it's not burnt.