



Sabrina

Spice-rubbed
chicken



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Serves 4

INGREDIENTS:

12g garlic, peeled, finely chopped
6g ground marjoram
6g coriander seeds
4g ground coriander
2g chilli flakes
2g ground black pepper
½ lemon, zested, juiced
3g sea salt
60ml olive oil
4 chicken breasts, skinned

METHOD:

1. Make a marinade by adding garlic, spices, salt, lemon zest and juice, salt and oil to a bowl and mixing well.
2. Pour the marinade over the chicken breasts and massage into the chicken. Place in a sealed container and leave in the fridge overnight.
3. Preheat oven to 220°C.
4. Preheat a baking tray. Place the chicken breasts on the tray and cook for 15 mins, or until the core temperature reaches 75°C. The chicken should be nicely charred and browned. Rest for a couple minutes before serving.