

Whole Chicken, Spicy Sweet & Sour

Ingredients

1 whole chicken (Not too big 3 or 4 lbs)

Paste ingredients:

2 Red Chillies (Chopped & Deseeded)

2 Tablespoons curry powder or any spice mix

50g chopped ginger

6 crushed cloves of garlic

2 Tablespoons Brown Sugar

3 Tablespoons Olive Oil

2 Tablespoon chopped thyme

1 Tablespoon chopped sage

1 tablespoon Sea Salt

2 tablespoons white wine vinegar

METHOD:

Mix all ingredients except oil & vinegar

Cover chicken with olive oil & vinegar & sprinkle all other ingredients over chicken

Season with some freshly ground black

Roast the chicken in the oven at 190oC for 2 hours (25/30 mins per lb.)

Continue to baste throughout cooking

Once cooked leave to rest for 10 minutes before carving

Serve with Roast Potatoes and crisp Spring Greens.