



Nor'se Munch!

Hot & Kickin' Chicken

The title says it all – hot and spicy!

Portions 4

Ingredients

4	Chicken Legs
1 tsp	Chilli Powder
1 tsp	Paprika
1 tsp	Cumin
1 tsp	Dried Thyme
1 tsp	Ground Black Pepper
pinch	Salt
1	Lemon
20ml	Olive Oil

Method

1. Preheat oven to 220°/425°F/ Gas mark 7.
2. Juice the lemon
3. Mix all the spices and salt together.
4. Stir in the lemon juice and the olive oil and rub this mixture all over the chicken legs.
5. Lay the chicken legs in roasting tins and leave to marinade for about 1 hour.
6. Roast in the oven for about 1 hour or until thoroughly cooked.

Serve with pilaf rice and vegetables or salad of your choice – also great for barbecuing (cook in oven for 35 minutes and then finish on the barbecue).