



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Spiced Roasted Chicken

8 servings





INGREDIENTS

- 4 whole chicken thigh, skinless and cut
- 1 tbs black pepper
- Salt to taste
- 2 tbs corn oil
- 1 stalk coriander, fresh
- 8 wholes shallot (100g)
- 3 cloves garlic
- 1 stalk lemon grass
- 1 cm ginger

Spices

- 2 tbs chili paste
- 1 tsp turmeric powder
- 1 tsp cumin seed
- ½ tsp fennel seed

Seasoning

- 2 tps sugar
- 1 tbs lime juice

METHOD

- Rub salt and black pepper all over. Turn over and rub all over on the inside of chicken with combined salt and black pepper. Set aside.
- Combine the spices in a food processor and blend well.
- Heat up the wok with oil. Sauté the ground spice ingredients until fragrance.
- Spoon sautéed spices over the chicken and rub over evenly. Season with lime juice and sugar. Put into a big bowl or sealed plastic bag to marinate, preferable overnight in the refrigerator.
- Put chicken on a rack and placed over a tray. Roast at 180-220 °C for 30minutes. Turn over at the final 10 to 15minutes. Roast until the chicken is cooked.

NUTRITION FACT

Energy (kcal)	148
Protein (g)	15.3
Carbohydrate (g)	5.3
Fat (g)	7.2
Saturated Fat (g)	1.4
Fibre (g)	0.9
Sodium (mg)	150
Phosphorus (mg)	288
Potassium (mg)	292



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