



Spicy baked chicken

15'
Hands on

60'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 3 tablespoon(s) brown sugar
- 2 tablespoon(s) paprika, smoked
- 1 tablespoon(s) chili powder
- 1 teaspoon(s) garlic
- 1 teaspoon(s) cumin
- 1/2 teaspoon(s) nutmeg
- 1 tablespoon(s) salt
- 1200 g chicken

To serve

- 250 g lentils, boiled
- 250 g quinoa, boiled
- 100 g beet greens
- lemon juice, of 1 lemon
- 2 tablespoon(s) olive oil
- salt

Method

- Preheat the oven to 160° C (320° F) set to fan.
- In a bowl add the sugar, the paprika, the chili, the garlic, the cumin, the nutmeg, the salt, and mix.
- **Cut** the chicken into six portions, add it to the bowl with the marinade, and toss to coat.
- Transfer to a **baking pan** with a rack and cover with aluminum foil. Bake for 1 hour. Then uncover, increase the oven's temperature to 200° C (390° F), and bake for 5-10 more minutes until golden brown.
- Alternatively, you can bake it without the aluminum foil at 180° C (350° F) set to fan for 30-40 minutes.
- In a bowl add the lentils, the quinoa, the beet greens, the lemon juice, the olive oil, salt, and mix.
- Remove the chicken from the oven and serve it with the salad.

Διατροφικός πίνακας

Nutrition information per portion

106 Calories (kcal)	1.8 Total Fat (g)	0.5 Saturated Fat (g)	6.3 Total Carbs (g)
5%	3%	3%	2%
6.0 Sugars (g)	16.0 Protein (g)	0.7 Fibre (g)	1.1 Sodium (g)
7%	32%	3%	18%