

Spiced Roast Chicken

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-indian-roast-chicken-recipe-jamie-oliver>

Ingredients:

- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano optional
- 2 teaspoons sweet paprika
- 1/4 teaspoon cayenne pepper
- 1 teaspoon coarse salt or kosher
- 1/4 teaspoon ground black pepper freshly
- 2 tablespoons sweet paprika
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon coarse salt or kosher
- 1/4 teaspoon cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon coarse salt or kosher
- 4 pounds chicken 1 whole, cut into 8 pieces, or about 4 pounds skin-on, bone-in chicken parts
- 2 tablespoons olive oil plus more for the baking sheet, optional
- freshly ground black pepper optional
- coarse salt optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 295 milligrams
4. Fat: 22 grams

5. Fiber: 5 grams
 6. Protein: 92 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 2030 milligrams
 9. Sugar: 1 grams
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