

Peri Peri Chicken with homemade Peri Peri Sauce

Yield: 4 min

Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/peri-peri-basting-recipe-for-portuguese-chicken>

Ingredients:

- 2 red peppers sliced into large pieces
- 2 red onions peeled and chopped into large chunks
- 1/2 cup vegetable oil 120ml, divided
- 1 teaspoon paprika
- 1 teaspoon smoked paprika
- 2 teaspoons cayenne pepper
- 1 1/2 teaspoons salt
- 4 cloves garlic peeled
- 2 chillies red serrano, deseeded and sliced in half
- 10 chillies dried African birds eye
- 1/4 teaspoon white pepper
- 1 lemon
- 1/4 teaspoon dried rosemary
- 4 tablespoons red wine vinegar tbsp
- 1 chicken spatchcocked
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 245 milligrams
4. Fat: 39 grams
5. Fiber: 4 grams
6. Protein: 78 grams
7. SaturatedFat: 6 grams
8. Sodium: 1180 milligrams
9. Sugar: 5 grams

10. TransFat: 1 grams

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