



Boneless Chicken Thighs

Ingredients

12 Boneless chicken thighs, skin on
Nando's Medium PERi-PERi Sauce
(or whichever spice you prefer),
125ml bottle

Method

1. Put the thighs in a bowl and rub all over with the marinade
2. Cover the bowl with clingfilm and put in the fridge for at least 1hr, preferably overnight
3. Heat the oven to 180C (standard setting, not fan)
4. Transfer chicken thighs to a roasting tray skin side up
5. Cook for approx. 20min until chicken is just cooked.
6. Heat up a grill pan on the stove
7. When it's smoking hot, put the 4-6 thighs skin side down in the grill pan
8. Leave the thighs without moving them to get the grill marks
9. Turn thighs over once the skin has the grill marks and grill for another 1-2min
10. Turn the oven down to 100C and keep the grilled thighs warm whilst repeating with remaining thighs.
11. Brush over your chosen Nando's sauce and serve!

Spicy Rice

Ingredients

- 200g Basmati rice
- 450ml Cold water
- 2 tbsp Sunflower oil
- ½ White onion, peeled & finely chopped
- 2 Garlic cloves, crushed
- ½ Green pepper, finely diced
- 1 Small green chilli, thinly sliced
- ½ Can chopped tomatoes
- ½ tsp Ground turmeric
- ½ tsp Cayenne pepper
- ½ tsp Smoked paprika
- 1 tsp Salt
- Juice from 1 lemon
- Small handful coriander

Method

1. In a sieve, wash the rice under cold water
2. On a medium heat, heat the oil in a saucepan
3. Add the onion and salt. Cook for 5min until onion softens
4. Add the garlic, chilli and green pepper
5. Cook for 5min until pepper begins to soften
6. Add the spices, cook for 1 min until fragrant before adding the tomatoes
7. Stir through the washed rice, then pour in the water
8. Bring to the boil, cover with a tight fitting lid and turn heat to low
9. Cook for 10min
10. Without taking the lid off, turn the heat off and leave to stand for 10min
11. Stir through the lemon juice and coriander
12. Taste for seasoning



Nando's

Macho Peas

Ingredients

400g Frozen peas

Water

1 tbsp Olive oil

1 tbsp Butter

3-4 sprigs fresh parsley,
finely chopped

2-3 sprigs fresh mint,
finely chopped

¼ tsp salt

2 good pinches of dried red
chilli flakes (add more if
you like it hot!)



Method

1. Bring a large pot of water to the boil
2. When boiling, add the peas and cook for 3min
3. Drain peas in a colander
4. In the same pot, heat the butter and olive oil until butter has melted
5. Add the salt & chilli flakes and cook for 30sec
6. Add the peas back to the pot and stir through the chopped herbs
7. Mix the peas and herbs thoroughly through the butter mix
8. Taste for seasoning