

PERi-PERi Chicken

Ingredients

1x Chicken, approx. 1.3-1.5kg

1/2 bottle Nando's PERi-PERi Marinade – Medium (or whichever spice you prefer)

To serve: Your favourite Nando's PERi-PERi sauce

Method

1. First spatchcock the chicken:
 - Remove the backbone by turning the chicken breast side down.
 - Take a pair of sharp scissors or a knife and cut either side of the backbone.
 - Remove the backbone, turn the chicken over and press with both hands until you hear a crack.
2. Place the chicken in a baking tray and add the marinade, rubbing in all over the chicken.
3. Marinate in the fridge for at least 1hr, preferably overnight.
4. Heat the oven to 200C (gas mark 6). Avoid using the fan if you have a fan oven as this will dry the chicken out.
5. Roast the chicken for about 45mins or until juices run clear. A spatchcocked chicken cooks much faster than a normal roast chicken.
6. Rest for 10mins.
7. Using a large knife, cut the chicken in half along the breastbone in the centre of the bird.
8. Heat up a grill pan on the stove.
9. Brush the skin side of half the chicken with your chosen Nando's sauce and grill breast side down until it starts to char (but not burn), then turn over and repeat for the other side.
10. Rest for 10mins in a warm place before eating.



Sweet Potato Wedges

Ingredients

2-3 Sweet potatoes
Olive oil
Nando's PERi-Salt

Method

1. Heat the oven to 200c (gas mark 6).
2. Scrub the potatoes in cold water until clean. Don't peel them as the skin will hold them together.
3. Cut each potato in half lengthways, then each half into long wedges.
4. In a bowl, toss the wedges in a splash of olive oil and a good sprinkling of PERi-PERi Salt.
5. Lay the wedges on a tray skin side down - cooking them skin side down first will stop them sticking to the tray later.
6. Roast the wedges for about 30mins, turning them every 10-15mins until all sides are golden brown.
7. Serve with Nando's PERinaise.



Long Stem Broccoli

Ingredients

200g Long stem broccoli
Extra virgin olive oil
10g Butter
1 Garlic clove, sliced thinly
1 Lemon, zest and juice
Salt & pepper

Method

1. In a saucepan on a low heat, melt the butter with the oil.
2. Add the garlic, then add the broccoli.
3. Put a lid on the pan and cook for about 2mins.
4. Toss the broccoli a few times whilst it's cooking.
5. Take the lid off and add the lemon juice and zest.
6. Season with sea salt and black pepper to taste.