

Jerk spice roast chicken

- Egg-free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
- 2 serve Veg or Fruit

Inspired by Jamaican flavours, this roasted spiced chicken was made in the MasterChef Roaster from the MasterChef Cookware range - find it at Coles.

- Serves 6
- Cooktime 2 hr 20 mins
- Prep time 20 mins

Ingredients

- 2.5kg Coles RSPCA Approved Whole Chicken
- 1 small red onion, coarsely chopped
- 2 long red chillies, seeded, coarsely chopped
- 4 garlic cloves
- 1/4 cup chopped coriander stems
- 1 tbs thyme leaves
- 2 tbs lime juice
- 1 tbs honey
- 1/2 tsp ground nutmeg
- 1/4 tsp ground allspice
- 700g gold sweet potatoes, cut into wedges
- 2 red onions, extra, cut into wedges

- 2 tbs olive oil

Nutritional information

Per serve: Energy: 2804kJ/671 Cals (32%), Protein: 50g (100%), Fat: 40g (57%), Sat Fat: 11g (46%), Sodium: 153mg (8%), Carb: 24g (8%), Sugar: 14g (16%), Dietary Fibre: 6g (20%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 200°C. Place wire rack over the roasting pan. Pat the chicken dry with paper towel. Use kitchen string to tie the legs together. Place chicken on the rack.

2. Step 2

Place the chopped onion, chilli, garlic, coriander, thyme, lime juice, honey, nutmeg and allspice in a food processor and process until almost smooth. Season.

3. Step 3

Rub the chicken all over with the onion mixture, pressing onto the skin. Spray with olive oil spray. Roast for 20 mins. Reduce oven to 180°C. Roast for 40 mins. Place the sweet potato, onion wedges and oil in a large bowl. Season. Toss to combine. Place the sweet potato mixture in the pan under the chicken. Cook for a further 1 hour or until vegetables are tender and the juices run clear when the thickest part of thighs are pierced with a skewer.

4. Step 4

Transfer the chicken to a serving platter. Cover with foil and set aside for 15 mins to rest.

5. Step 5

Serve the chicken with the sweet potato mixture.