

Soy, garlic and citrus roast chicken

- **Egg-free**
- **Lactose-free**
- **Peanut-free**
- **Nut-free**
- **Shellfish-free**
- **Seafood-free**
- **2 serve Veg or Fruit**

We perfected this citrus roasted chicken by cooking it in the roaster from the MasterChef Cookware range, available at Coles.

- Serves 6
- Cooktime 2 hr 2 hour
- Prep time 30 mins

Ingredients

- 2.5kg Coles RSPCA Approved Whole Chicken
- 2 garlic cloves, crushed
- 1 tbs finely grated ginger
- 1 orange, zested, juiced
- 1/4 cup (60ml) soy sauce
- 2 tbs rice wine vinegar
- 1 tsp sesame oil
- 1/4 cup (50g) brown sugar

Wombok salad

- 1/2 wombok (Chinese cabbage), finely shredded
- 2 spring onions, thinly sliced
- 1 small red capsicum, seeded, thinly sliced
- 1 carrot, peeled, coarsely grated
- 1/3 cup (80ml) sesame soy dressing

Nutritional information

Per serve: Energy: 2447kJ/585 Cals (28%), Protein: 49g (98%), Fat: 37g (53%), Sat Fat: 11g (46%), Sodium: 1196mg (60%), Carb: 14g (5%), Sugar: 14g (16%), Dietary Fibre: 2g (7%).

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

Pat the chicken dry with paper towel. Combine the garlic, ginger, orange zest, orange juice, soy sauce, vinegar and oil in a large bowl. Add the chicken, breast-side down. Cover and place in the fridge, turning occasionally, for 4 hours or overnight to develop the flavours.

2. Step 2

Preheat oven 200°C. Place a wire rack over a roasting pan. Drain chicken, reserving the marinade. Use kitchen string to tie the legs together. Place the chicken on the rack and roast for 20 mins. Reduce oven to 180°C and roast for a further 1 hour 40 mins or until the juices run clear when the thickest part of the thighs are pierced with a skewer. Transfer the chicken to a serving platter. Cover with foil and set aside for 15 mins to rest.

3. Step 3

Meanwhile, place the reserved marinade and sugar in a saucepan and stir to combine. Bring to the boil over high heat. Reduce heat to low and simmer, stirring occasionally, for 7 mins or until the mixture reduces by half and the sauce thickens slightly.

4. Step 4

To make wombok salad, combine the wombok, spring onion, capsicum and carrot in a large bowl. Add the dressing and toss to combine.

5. Step 5

Drizzle the chicken with reserved marinade. Serve with wombok salad.