

# HARISSA ROASTED CHICKEN



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Harissa roasted chicken, with fingerling potatoes and steamed broccoli.

Harissa roasted chicken : 165 calories per 100 g

3 tsp garlic salt : 7.2 calories

6 tbsp Harissa sauce ... basically, you blend 1 tsp chillies (7.6 calories) into a thick paste with 1 tbsp crushed garlic cloves (13 calories)

2 tsp olive oil (80 calories) and aromatic spices such as caraway ( 1 tsp : 7 calories) and coriander (1 tbsp : 4.9 calories) (I like using cumin, too : cumin : 1 tsp : 8 calories). Again, you can make it your own choice, by adding a squeeze of lemon, herbs like mint, or even incorporating tomatoes or bell peppers. Or just keep it simple.

1 tsp ground nutmeg : 11 calories

4 tbsp dried cranberries : 24 calories

1 tsp dried thyme : 4 calories

2 tbsp lemon juice : 0 calories

4 tbsp olive oil : 476 calories

1 large chicken : 165 calories per 100 g. I served 200 g per person : 330 calories

Maldon salt : 0 calories

1 large red onion, sliced : 66 calories : 33 per person

For sauce:

Place the chicken with the sliced onions in a large jumbo kitchen ziplock bag with a seal. Pour the extra marinade on top. Seal the bag shut and massage the contents so that the chicken is well covered in the garlic-harissa marinade. Keep in fridge for 3-4 hrs.

Preheat oven to 375°F and place chicken in a roasting pan. When brown enough to your liking, remove.

Serve with 300 g of broccoli (33 calories per 100 g = 44 calories per person per 150 g serving)

Boiled fingerling potatoes : 3/4 cup per person : 105 calories

Total calories per person for this meal : 796.75 calories

Recipe posted by Annie Goussard Newton

Photo: Annie Goussard Newton