



Grilled Chicken

Ingredients

- 1 kilogram Whole chicken
- 1 tbsp Olive oil
- 45 g MAGGI® BBQ And Grill Seasoning
- 6 pieces Lemon wedges

Instruction

1. Prepare chicken by cutting along and removing the backbone and neck, gently press on the breast to flatten the chicken. (spatchcock)
2. Rub with Olive Oil and sprinkle MAGGI® BBQ and Grill Seasoning on the skin and inside the chicken.
3. Allow to chill in the fridge for 15 minutes before cooking over medium open fire on both sides (around 20 minutes) or in oven at 200-c (around 60-minutes) until chicken is fully cooked and the skin is golden.
4. Serve along bread or rice with lemon wedges on the side.

Nutrition

| | |
|---------------|-------------|
| Carbohydrates | 3.59 g |
| Energy | 286.87 kcal |
| Fats | 13.2 g |
| Protein | 36.26 g |

🕒 60 Minutes

⊕ 6 Servings