

## Roasted Chicken with Rosemary

Here's how I did it :

**Serves:** 2-3

Marination time: 1-2 hours

Cooking time: 5 minutes for Searing + 20 minutes for Roasting

### Ingredients:

Chicken thigh (Boneless) : 230 gm each x 2 pcs (approx)

Dried rosemary herbs : 1 tbsp

Fresh rosemary stalk (optional) : You can skip this if you don't have. I just added it while roasting because I had them this time : 2

Minced garlic : 1 tbsp

Olive oil : 1/2 tbsp to marinate + 1/2 tbsp for searing the marinated chicken.

Lime juice : 1 tsp

Coarsely ground black pepper powder : 1/4 tsp

Salt : to taste

### Method:

1. Using a knife, make slits on the Chicken pieces. Marinate the Chicken with the above ingredients except the half tbsp of oil reserved for searing the Chicken. Make sure you rub the ingredients into the slits of the Chicken so that the flavours can go deep into the meat. Leave it in the fridge for marination for 1-2 hours.
2. Preheat oven to 180 deg C.
3. In a skillet, heat 1/2 tbsp of olive oil. When the oil is hot and on high heat, sear the marinated chicken pieces on both sides for about 1-2 mins on each side. The idea is to give a golden brown colour to the chicken without completely cooking it.
4. Line a baking tray w aluminium foil. Place the seared chicken pieces on the aluminium foil and set it to roast for 20 minutes.
5. Remove from Oven. Let it rest for 5 minutes before serving. We usually have this with some stir fried vegetables and a pasta or a pasta with vegetables in it.