

# PORTUGUESE THIGHS

**Time: 60 minutes (plus marinating time)**

**Serves: 4**

## Ingredients:

40g lemon juice  
40g extra-virgin olive oil  
10g salt  
10g Mexican or ancho chili powder  
10g smoked paprika  
3g fresh ground black pepper  
2g ground coriander  
5 cloves garlic - finely chopped or grated  
1kg bone-in chicken thighs

## Preparation:

In a suitable bowl, whisk together all ingredients except chicken.

Place chicken in a zipper seal bag and pour over the marinade. Seal the bag, removing any excess air, moving the thighs around to evenly coat them. Refrigerate for at least two hours or up to overnight.

Preheat your oven to 220C.

Place the chicken on the rack in a roasting pan and cook for 40 minutes or until the internal temperature reaches 74C.

Remove from heat and serve immediately.

## Nutritional Information Per Serving:

Calories: 502	<b>Hand-Size Portion Guide</b>
Fat: 27.6g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 59.2g	Thumbs of fat: 0