Dinner, Latin American

Cilantro Lime Roast Chicken with Honey

Chicken pieces bake in a glossy glaze of honey, garlic and lime, finished with plenty of fresh cilantro. An easy one pan roast with bright, zesty flavour.

55 min	130	5 g	3 g
time	calories	carbs	sugars

Gluten free | Nut free

Ingredients, 6 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1 (about 2 1/2 lbs) whole chicken (cut into 8 pieces)
- [ ] 2 tbsp cilantro (chopped)
- [ ] 1 whole lime (zested and juiced)
- [ ] 1 tbsp honey
- [ ] 2 clove garlic (minced)
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp salt

Method

- [ ] 1 Set the oven to 375 degrees F and give a baking dish a coating of nonstick cooking spray.
- [ ] 2 Strip the skin off each piece of the whole chicken, then lay the pieces out in a single layer in the sprayed dish.
- [ ] 3 Blend the chopped cilantro with the zest and juice from the lime, stirring in the honey, minced garlic, black pepper and salt until smooth.
- [ ] 4 Tip this mixture over the chicken so it coats every piece evenly, then roast for 45-50 minutes, checking that the biggest piece of chicken comes to an internal temperature of 165 degrees.

Nutrition Facts

Per serving

Calories	130
Total fat	4.5 g
Saturated fat	1.5 g
Sodium	250 mg
Total carbs	5 g
Fiber	0 g
Total sugars	3 g
Protein	18 g

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