



CHICKEN ALLA DIAVOLA

Sanlam Wellness

CHICKEN ALLA DIAVOLA



Serves: 6
Prep: 15 mins
Cook: 45 mins + 1 hr



Nutrition per
serving:
529 kcal
42g Fats
2g Carbs
33g Protein
0g Fiber



WHAT YOU NEED

- 6 chicken legs (1.2kg)
- 1 tbsp. ground black pepper
- 1 tsp. chili flakes
- 4 tbsp. olive oil
- ¼ lemon
- 4 garlic cloves, crushed
- 2 sprigs rosemary
- salt

WHAT YOU NEED TO DO

Place the chicken legs on a roasting tray and drizzle with lemon juice, then rub with salt, pepper, chili flakes, crushed garlic, and olive oil.

Add chopped rosemary sprigs and set aside to marinade for about 1 hour.

Preheat the oven to 350°F (180°C). Place the chicken in the oven and bake the chicken for 25 minutes, then turn over and bake for a further 20 minutes until golden brown. Once cooked, pour the roast juices over the chicken.

Divide the chicken into 6 portions and serve immediately with your favorite side dishes, e.g. potatoes, salad.

Sanlam Wellness