

# Grilled Chicken

Cuisine: **Spanish**  
Food category: **Poultry**



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Company: Retigo



| Program steps |         |       |                     |             |        |       |  |  |  |
|---------------|---------|-------|---------------------|-------------|--------|-------|--|--|--|
| 1             | Hot air | 100 % | Termination by time | 00:35 hh:mm | 200 °C | 100 % |  |  |  |
| 2             | Hot air | 0 %   | Termination by time | 00:03 hh:mm | 200 °C | 100 % |  |  |  |

| Ingredients - number of portions - 4 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| Chicken                              | 1     | pcs  |
| Red pepper paste                     | 60    | g    |
| July wine                            | 150   | ml   |
| Garlic cloves                        | 5     | pcs  |
| Ground smoked paprika                | 40    | g    |
| 4 tble spoons Olive Oil              | 50    | ml   |

| Nutrition and allergens                      |         |
|----------------------------------------------|---------|
| Allergens:<br>Minerals: K, Ph<br>Vitamins: C |         |
| Nutritional value of one portion             | Value   |
| Energy                                       | 42.5 kJ |
| Carbohydrate                                 | 8.2 g   |
| Fat                                          | 1.8 g   |
| Protein                                      | 1.7 g   |
| Water                                        | 11.7 g  |

Directions

1. Preparing the chicken: With the help of kitchen shears, remove the backbone and gently press down on the breastbone to flatten the chicken.

2. Marinade: Mix Masa de Pimentel, red wine, garlic, smoked paprika, and olive oil, taste and check for saltiness.

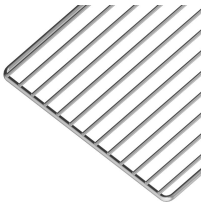
3. Marinating: Rub the marinade under the skin of the chicken and apply the remainder on the surface. Let it rest in the refrigerator for at least 2 hours (ideally overnight).

4. Grilling: Grill, basting occasionally with the remaining marinade.

5. Serving: Serve with grilled potatoes or vegetables.

This recipe brings authentic Portuguese flavor with a subtle spicy touch.

Recommended accessories



Stainless wire shelving