

ROAST CHICKEN PIECES

RECOMMENDED MENU
SELLING PRICE

R129.62

PER KG RSP

R19.44

PRICE PER PORTION

DID YOU KNOW?

Chicken is a low-fat source of protein. High in Omega 6, Vitamin B6, Vitamin B12, iron, zinc and copper, chicken contributes to our overall muscle growth.

For more info, training and recipe ideas visit [ufs.com](https://www.ufs.com)



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ROAST CHICKEN PIECES

 Yield: 1.5 kg

 Prep Time: 10 min

 Serves: 10

 Cook Time: 40 min

1. COMBINE MARINADE INGREDIENTS.



2. KEEP ASIDE.



METHOD.

1. Pre-heat the oven to 160 °C.
2. Pour the marinade over the chicken pieces and mix together until the chicken is well coated. Place into a roasting dish and roast for 40 min.
3. Remove from the oven and serve.

CHEF'S TIP.

The marinade mixture can also be used on fish, lamb, pork or beef.



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