

# Turmeric and Coriander Roast Chicken



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

**MRLAEF**

## Ingredients

½ cup extra-virgin olive oil  
½ cup grapeseed oil  
¼ cup garlic cloves  
¼ cup coriander seeds  
2 tbsp ground turmeric

3 to 4 pounds of bone in, skin  
on chicken pieces.  
1 ½ tsp kosher salt

## Directions

**Marinade-** Put first 5 ingredients in a blender and process until smooth.

Place chicken pieces in a large container or zip top bag. Sprinkle salt on all pieces and sides. Rub marinade all over the chicken. Cover and chill at least 2 hours or overnight.

Bake in a 350 degree oven on a foil lined pan or on the grill. (Blot chicken with a paper towel to remove any excess marinade.) Cook skin side up until well browned and reaches at least 65 degrees in the thickest portion.

## Nutritional Information

**Calories per serving**

**Total Fat**

Saturated Fat

**Cholesterol**

**Sodium**

**Total Carbohydrates**

Dietary Fiber

**Protein**

## Servings 6

**778**

**44 g**

6.8g

**233mg**

**774mg**

**3.4g**

0.5g

**88.2g**