

# Baked chicken with oranges

Cuisine: English

Food category: Poultry

Author: Pavel Gaubmann

Company: Retigo



## Program steps

Preheating: 160 °C

1	Combination	80 %	Termination by time	01:00 hh:mm	145 °C	80 %	
2	Hot air	50 %	Termination by time	00:25 hh:mm	190 °C	100 %	

## Ingredients - number of portions - 4

Name	Value	Unit
whole chicken	1400	g
orange	1	pcs
caster sugar	50	g
Coriander leaves, finely chopped	20	g
mint	10	g
olive oil	50	ml
five spices	10	g
caraway seeds	5	g
salt	15	g
freshly ground black pepper, ground	2	g
ground red pepper	10	g
water	150	ml

## Directions

Cut the washed orange into 5 mm thick slices, place in a saucepan, cover with water, boil for 2 minutes and drain (remove the bitterness of the orange peel). Pour water into a clean saucepan, add sugar, bring to the boil, add the boiled oranges, cook for 10 minutes. Leave to cool, sprinkle with chopped coriander and mint.

We wash the chicken, dry it and start to separate the skin from the meat from the neck, then stuff it with oranges and herbs.

In a bowl, mix olive oil with Chinese five spices (garlic, ginger, cinnamon, cloves, coriander), add paprika, fennel seeds and rub the chicken with this mixture. Finally, salt and pepper. Pour a little water over the chicken, pour the breadcrumbs over it while baking. Bake until crispy.

Served with root vegetables.

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	514.8 kJ
Carbohydrate	16.3 g
Fat	14.7 g
Protein	77.9 g
Water	0 g

## Recommended accessories



Enameled GN container