



Cheeky Chicken (Nandos cheat)

Ingredients

8 Chicken thighs or drumsticks

For the Marinade

Juice of 1 lemon

2 tbsp olive oil

2 tsp Paprika

2 tsp Chilli flakes (less if you don't like too spicy)

2 cloves Garlic crushed

2 tsp Dried oregano

2 tsp Dried basil

2 tbsp fresh parsley finely chopped

1 pinch Sea salt and black pepper

Instructions

- ♦ Put all the marinade ingredients in a bowl and mix really well.
- ♦ Put the chicken in to a large bowl and add the marinade. Mix well. Put in the fridge for 30-60 minutes or longer if you have the time.
- ♦ Put in a baking dish or onto a baking sheet.
- ♦ Put in a preheated oven at 220°C/425°F/Gas 7 and bake for 40 minutes, or until the chicken is cooked through .