

Boneless Chicken Thighs

Ingredients

12 Boneless chicken thighs, skin on Nando's Medium PERi-PERi Sauce (or whichever spice you prefer), 125ml bottle

Method

- 1. Put the thighs in a bowl and rub all over with the marinade
- 2. Cover the bowl with clingfilm and put in the fridge for at least 1hr, preferably overnight
- 3. Heat the oven to 180C (standard setting, not fan)
- 4. Transfer chicken thighs to a roasting tray skin side up
- 5. Cook for approx. 20min until chicken is just cooked.
- 6. Heat up a grill pan on the stove
- 7. When it's smoking hot, put the 4-6 thighs skin side down in the grill pan
- 8. Leave the thighs without moving them to get the grill marks
- 9. Turn thighs over once the skin has the grill marks and grill for another 1-2min
- 10. Turn the oven down to 100C and keep the grilled thighs warm whilst repeating with remaining thighs.
- 11. Brush over your chosen Nando's sauce and serve!



Spicy Rice

Ingredients

200g Basmati rice

450ml Cold water

2 tbsp Sunflower oil

1/2 White onion, peeled & finely chopped

2 Garlic cloves, crushed

½ Green pepper, finely diced

1 Small green chilli, thinly sliced

½ Can chopped tomatoes
½ tsp Ground turmeric
½ tsp Cayenne pepper
½ tsp Smoked paprika
1 tsp Salt
Juice from 1 lemon
Small handful coriander

Method

- 1. In a sieve, wash the rice under cold water
- 2. On a medium heat, heat the oil in a saucepan
- Add the onion and salt. Cook for 5min until onion softens
- 4. Add the garlic, chilli and green pepper
- 5. Cook for 5min until pepper begins to soften
- 6. Add the spices, cook for 1 min until fragrant before adding the tomatoes
- 7. Stir through the washed rice, then pour in the water
- 8. Bring to the boil, cover with a tight fitting lid and turn heat to low
- 9. Cook for 10min
- 10. Without taking the lid off, turn the heat off and leave to stand for 10min
- 11. Stir through the lemon juice and coriander
- 12. Taste for seasoning



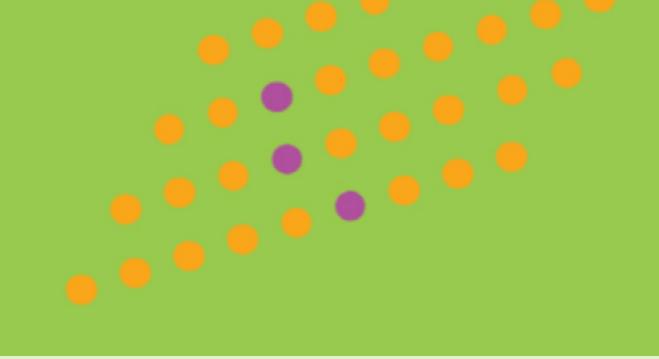
Macho Peas

Ingredients

400g Frozen peas Water

- 1 tbsp Olive oil
- 1 tbsp Butter
- 3-4 sprigs fresh parsley, finely chopped
- 2-3 sprigs fresh mint, finely chopped 1/4 tsp salt
- 2 good pinches of dried red chilli flakes (add more if you like it hot!)





Method

- 1. Bring a large pot of water to the boil
- 2. When boiling, add the peas and cook for 3min
- 3. Drain peas in a colander
- 4. In the same pot, heat the butter and olive oil until butter has melted
- 5. Add the salt & chilli flakes and cook for 30sec
- 6. Add the peas back to the pot and stir through the chopped herbs
- 7. Mix the peas and herbs thoroughly through the butter mix
- 8. Taste for seasoning

