Quick Roasted Chicken Leg with Yogurt

Overview

Difficulty Easy
Servings 4
Preparation Time 15 mins
Cooking Time 10 mins

Ingredients

- 5 chicken legs
- 2 tablespoons Cajun spice
- 3 tablespoons lemon juice
- 1 tablespoon cayenne pepper
- 1 bowl corn flour

Mixture

- 2 cup white and brown mushrooms
- Pinch salt and pepper
- 150g baby carrots
- 100g French beans
- 2 nos bay leaf
- 2 tablespoons honey
- Pinch Cajun spice
- 2 cup nestle natural set yogurt
- 4 tablespoons unsalted butter
- 2 nos red radishes

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Methods

Step 1.

Marinate the chicken leg with lemon juice, salt, pepper, Cajun spice and cayenne pepper.

Step 2.

Coat the chicken leg with corn flour and lightly fry to light golden brown. * Chef’s tip: For a healthier version, grill instead of fry the chicken.

Step 3.

Lightly fry the white and brown mushrooms with salt and pepper to taste.

Step 4.

Add in thyme, bay leaf, carrot and French beans.

Step 5.

Pour in a cup of water, the honey and a pinch of Cajun spice.

Step 6.

Let the mixture simmer, before adding yogurt and unsalted butter.

Step 7.

Place the chicken legs onto a baking try and pour in the mixture.

Step 8.

Bake in an oven at 200°C for 3 to 5min.

Guten Appetit

Product Used

Serie | 8 Oven

The built-in oven with PerfectBake and PerfectRoast: you get perfect baking and roasting results – automatically.