

## Mexican-Inspired Roasted Chicken



*This flavorful roast chicken recipe is inspired by the bold spice mix of a Mexican corn dip. Featuring a blend of chili powder, smoked paprika, and a customizable amount of cayenne pepper, this dish delivers warmth and a hint of spice in every bite. Olive oil and salt enhance the seasoning, resulting in crispy skin and juicy, tender meat. Perfect for weeknight dinners or gatherings, this recipe brings the vibrant flavors of Mexico to your table!*

Preparation 5 min

Cooking 60 min

Servings 10

Nutrition Facts (per serving)

Calories 190

Fat 7

Carbohydrates 0

Fibre 0

Protein 32

Sodium 350

### **Ingredients**

- 3–4 garlic cloves, minced
- 30 ml (2 tbsp) chili powder
- 30 ml (2 tbsp) extra virgin olive oil
- The juice of ½ lemon (or 30 ml / 2 tbsp)

- 2.5–10 ml (½–2 tsp) cayenne pepper, to taste
- 5 ml (1 tsp) salt
- 1 whole chicken (approximately 1.5 kg / 3.3 lbs)

## Preparation

1. Preheat the oven to 350°F (180°C). Remove any giblets from the chicken and pat it dry with paper towels.
2. In a small bowl, combine the lemon juice, garlic, chili powder, olive oil, smoked paprika, cayenne pepper, and salt to make a paste.
3. Rub the seasoning mix all over the chicken, including under the skin for maximum flavor.
4. Place the chicken in a roasting pan and cook for 1 hour or until the internal temperature reaches 165°F (74°C) in the thickest part of the meat. Let the chicken rest for 10 minutes before carving.

## Notes

Store in an airtight container for up to 3–4 days. Freeze in pieces for up to 3 months.



Sophie Idris – Nutritionniste Diététiste à Montréal  
Registered Dietitian Nutritionist in Montreal