

Frango à Cafriela (Angolan garlic■lemon grilled chicken)

Serves 3–4 · ~30–35 minutes



Photo: courtesy of Lambros

Ingredients (Sweden■friendly)

- 800 g boneless skin■on chicken thighs (or bone■in drumsticks)
- 2 lemons (zest of 1, juice of both)
- 5 garlic cloves, finely grated or crushed
- 2–3 tbsp rapeseed or olive oil
- 1 tsp sweet paprika
- ½ tsp chilli flakes or piri■piri (to taste)
- 2 bay leaves, crumbled
- 1¼ tsp salt + black pepper
- 1 tbsp butter for basting (optional)
- To serve: rice or boiled potatoes, salad, lemon wedges

Steps

- 1 **Marinate (10 min).** Mix lemon juice & zest, garlic, oil, paprika, chilli, bay, salt & pepper. Toss chicken to coat while you heat a grill pan or oven grill (250 °C).
- 2 **Sear/Grill.** Pat chicken lightly dry. Grill or pan■sear skin■side down 4–5 min until nicely browned; flip 3–4 min. (For thick pieces, finish 8–10 min in a 200 °C oven.)
- 3 **Baste.** Melt butter with any leftover marinade; brush over chicken for the last minute. Squeeze extra lemon if you like.
- 4 **Serve.** Rest 2–3 min. Plate with rice or potatoes and salad; spoon over the garlicky juices.

Notes & swaps

If you have red palm oil, swap in 1 tbsp for part of the oil for more Angolan character. Oven■only: roast at 220 °C for 20–25 min, then broil/grill 2–3 min to brown. Your tomato–cucumber salad and rice, as in the photo, are perfect sides.