Asian Baked Lazy Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 Whole Chicken

- 2 tbsp Vegetable Oil
- 2 tbsp Sesame Oil (toasted if possible, you can heat it in a pan first)
- 2-3 tbsp Soy Sauce
- 2 tbsp Rice wine (rice vinegar will do as well)

- 1-2 tbsp Fish or crab sauce (optional)
- 1-2 tbsp Ginger (chopped)
- 2-3 Garlic gloves (chopped)
- Salt and pepper

Instructions

1. Mix together everything except the chicken in a bowl. (It probably won't fit anyways unless you have a large enough bowl, and it's messy)
2. Place the chicken on a cutting board and cut the back open. This is done so the chicken can lay down flat and for all the marinade to soak into it.
3. When you're done. Place the chicken in a marinade bag and pour the mixture into it. Make sure the entire chicken gets rubbed with it. Seal the bag and place it in the fridge.
4. The chicken should be left in for a couple of hours or overnight. The longer the better, just not too long.
5. After you wake up, (if you left it overnight that is) preheat the oven to 350 degrees and take the chicken out and place it in a baking dish with the breast-side down.
6. Leave it in there for 10-15 minutes.

7. Next, turn the chicken over so that it looks like it's just lying there and continue cooking it for 45 minutes or until it's nice and brown. (Not burnt.)
8. It should now be ready and you can serve it with rice. Get some vegetables and garnish. All done.