

# INGREDIENTS

500g chicken thigh fillets (skinless and boneless)

## MARINADE

1 large lemongrass stalk (white part only very finely chopped {about 2 tbsp})

6 cloves garlic (minced)

2 tbsp lime juice

2 tsp red chili (finely chopped, optional but recommended)

3 tbsp fish sauce

2 tbsp Chinese cooking or Japanese cooking wine (optional, but awesome - alternatively can use stock)

1 tsp sesame oil

3 tbsp brown sugar

2 tbsp honey

1/2 tsp black pepper (or to taste)

1 x lime (wedges)

## TO SERVE

Mayo, crispy shallots, sesame seeds, 1 x red chili finely sliced (optional) and rice

# INSTRUCTIONS

1. Place marinade ingredients in a large zip-lock bag or ceramic dish and combine
2. Add the chicken and massage to spread the marinade over all the chicken. Marinate for a minimum of 30 minutes, preferably overnight if you have time
3. Remove chicken from the marinade and discard it
4. Heat the BBQ on medium high (alternatively heat 1/2 tsp oil in a non-stick pan over medium high heat on the stove)
5. Cook the chicken until golden brown - around 6 minutes each side (note: cooking time will depend on the size of the chicken, you'll need to check that it is cooked through)
6. Allow to rest for a few minutes
7. Serve over rice with lime wedges on the side, and garnish with fresh chillies, mayonnaise, sesame seeds and crispy shallots



## Marinated BBQ Chicken



4 servings



30 - 60 minutes

This dish is perfect if you fancy a quick, easy and healthy mid-week BBQ meal.

With Asian flavour profiles this is a twist on the usual barbeque chicken style we are used to - and the result is a fresh and vibrant dish which is sure to satisfy your taste buds.