



## PERI PERI CHICKEN

An easy recipe loaded with flavour and terrific for a BBQ. Serve with baked potatoes, a side salad and roasted corn on the cob.

### Ingredients:

6 Chicken Thighs (Bone In) Dry Marinade:

1/2 Tsp Paprika

1/4 Tsp Black Pepper

1/4 Tsp Salt To Season

Peri Peri Marinade

1 tbs Jars of Goodness Peri Peri Sauce

3 Bell Peppers (2) Yellow (1) Red Sliced Half Ways

1 Medium Red Onion Sliced Half Ways

4 Cloves Garlic

### Method:

60ml Olive Oil

1 Lemon Juice Of

1 tsp Dried Thyme

1/2 tsp Brown Sugar (Optional) Cilantro & Sliced Chilies to garnish

1. Clean chicken under running water then pat dry with paper towel. Season with salt, pepper and paprika and set aside.
2. In a heavy pan/skillet over a medium to high heat, roast the peppers and onion until you get a nice even char. This adds a lovely smoky flavor.
3. In a blender combine the, peri peri sauce, garlic, oil, lemon juice, thyme and sugar. Blend until smooth then pour some over the chicken and keep the rest for later.
4. Pour the peri peri marinade over the chicken & let marinade for at least 1 hour or preferably overnight.
5. On a flaming hot grill cook the chicken skin side down for 15-20 mins before flipping to ensure a crispy outer skin. Flip and cook on low for a remaining 10 mins
6. Serve with baked potatoes, corn on the cob and a yoghurt dipping sauce to calm down the heat.