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Lizzy Lyons

Lizzy brings her BBQ knowledge to the fore, sharing this wonderful recipe where you only need add sunshine!



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MARINATED Chicken

Marinated Chicken Thigh Fillets with Appleslaw & Pineapple Salsa

A delicious combination of flavours, light, sunny and fresh.

Ingredients

3 large tablespoons of rapeseed oil
Pinch of chilli flakes
1 clove of minced garlic
1 clove of minced ginger
2 large tablespoons of sweet chilli sauce
Salt and pepper for seasoning
8 boneless chicken thigh fillets

Pineapple salsa

1 large pineapple with the core removed and diced into cubes
1 red onion finely diced
1 teaspoon of chopped mint and coriander
4 tablespoons of olive oil
Juice of 1/2 lime
1/2 red pepper, chopped

Appleslaw

2 cups of shredded cabbage
2 grated carrots
1 red onion finely sliced
1 red apple skin on, finely sliced
Salt and pepper to taste
5 tablespoons of mayonnaise
1 tablespoon of Dijon mustard
Juice of 1 lemon

Method

1. Prepare the marinade for the chicken by mixing the rapeseed oil, chilli flakes, garlic, ginger and sweet chilli sauce together. Season with salt and pepper. Then rub the marinade into the thighs and place in a sealed bag in the fridge for 4 hours or overnight.
2. Combine all the ingredients for the pineapple salsa together and set aside in the fridge.
3. Combine all the ingredients for the appleslaw and mix together thoroughly.
4. When you are ready heat the BBQ and place the thighs on the grill when it is hot. Cook each thigh on one side for 8-10 mins before turning. Continue to grill on the BBQ until the chicken is cooked through.

To Serve: Place the chicken with the pineapple salsa and appleslaw on a plate and enjoy.