



# BARBECUED CHICKEN

serves 2

- 1 orange
- 1 dried chilli
- 1 heaped teaspoon smoked paprika
- 1 teaspoon English mustard
- 2 tablespoons runny honey
- 2 tablespoons tomato ketchup
- olive oil
- sea salt and freshly ground black pepper
- 2 x 125g chicken breasts, preferably higher welfare, skin on

## To prepare your chicken

If barbecuing, light the barbecue now so the flames have died down and it's ready when you come to cook (for further advice see the *Setting up a barbecue*, *Barbecue cooking guide* and *Barbecue safety guide* fact sheets)

• Finely grate half of orange zest into a shallow bowl • Crumble in the dried chilli • Add the paprika, mustard, honey, tomato ketchup and a splash of olive oil • Season with salt and pepper and mix well to make a kinda barbecue sauce • Add the chicken breasts to the bowl of marinade • Turn them over in the marinade so they're well coated, cover with clingfilm and leave to sit for 5 to 10 minutes or until your barbecue is ready • If using a griddle pan, put it on a high heat now to get screaming hot

## To cook and serve your chicken

Use tongs to transfer your chicken breasts onto the barbecue grill or griddle pan • For chicken breasts approximately 2cm thick, cook for about 5 minutes on each side, turning every minute and basting as you go, or until golden and cooked through • Serve with potato salad and a fresh green salad, or slice and sandwich it in some good-quality bread for an amazing BBQ chicken sandwich

