BBQ chicken thighs



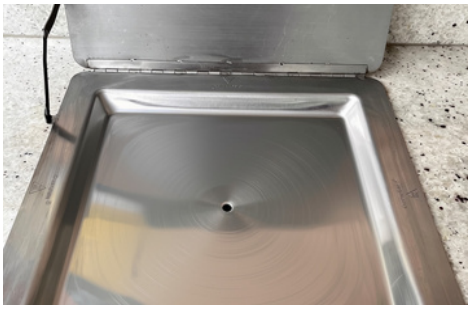
Serves 4

Ingredients

- ¼ cup extra virgin olive oil
- Zest and juice of 1 lemon
- 1 garlic clove, crushed
- 1 tablespoon sumac
- 1 teaspoon oregano
- Salt and black pepper
- 4 chicken thighs

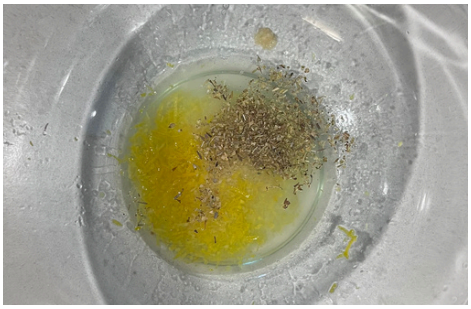
Alternative option to chicken:

- 400g halloumi or lamb chops



1 Heat

Heat the BBQ. Meanwhile, prepare the marinade in a bowl.



2 Mix

Mix together the extra virgin olive oil, lemon zest and juice, crushed garlic, sumac, oregano, salt and black pepper.



3 Add

Add the chicken thighs to the marinade and mix well.



4 Cook

Place the chicken on the BBQ, cook for 5-6 minutes on both sides, until caramelised and cooked through.



5 Rest

Rest for 5 minutes before serving.

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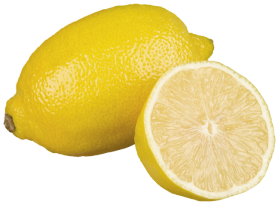
BBQ chicken thighs

Nutrition Australia

Ingredients



¼ cup extra virgin olive oil



Zest and juice of 1 lemon



1 garlic clove



1 tablespoon of sumac



1 teaspoon oregano



Salt and pepper



4 chicken thighs

OR



400g halloumi

Equipment



Large frying pan or BBQ



Chopping board



Garlic crusher



Zester or microplane



Knife



Juicer



Mixing bowl



Measuring spoons



Measuring cups



Tongs

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