



LOVES FOOD

GRILLED CHICKEN MARINADE

INGREDIENTS:

1 tablespoon cooking oil
1 tablespoon mayonnaise
1 tablespoon sweet chilli sauce
1 teaspoon green onion powder
1 teaspoon thyme
1 teaspoon salt
1 teaspoon black pepper
2 teaspoons paprika
Half a chopped onion
Half a chopped red bell pepper
Half a chopped yellow bell pepper
The juice of 1 lemon
2 teaspoons garlic

METHOD:

1. Add all the chopped vegetables and the rest of the ingredients into a blender or food processor and blend away.
2. Add more lemon juice or cooking oil to loosen the mixture as needed
3. Mix your chicken pieces using this marinade and let set for at least 6 hours (in the fridge overnight is best).
4. Grill or braai your chicken

SERVING SUGGESTION

This grilled chicken goes well with fried rice, roasted potatoes, garlic bread or potato salad.

Add a green salad or roasted greens and you are in for a delicious finger-licking treat.

Enjoy!

With love,
From Famous Warrior's kitchen