

BBQ Chicken Thighs



Serves
4 people

Prep Time

Cooking

Total Time

Calories

536 kcal

Stuff that's in it:

- 1Tsp Oil
- 200G Dry Basmati Rice (Cooked As Per Instructions)
- 40G Honey
- 1Tbsp Worcester Sauce
- 60G Reduced Sugar Ketchup
- 1Tbsp Rice Wine Vinegar
- 1Tsp Paprika
- 1 Garlic Clove (Sliced Finely)
- 150G Peas
- 150G Sweetcorn
- 2 Large Carrots (Sliced Into Sticks)

What you do:

Pre heat your oven to 200c

In a bowl, mix the honey, Worcester sauce, ketchup, rice wine vinegar, paprika and garlic

Place the chicken in an oven proof dish, pour over the marinade and coat well, you can chill in the fridge for a more intense flavour or cook straight away

Bake in the oven for 40 mins

Cook your rice 10 minutes before you take the cooked chicken out and boil/steam your veg

Nutrition

- Carbs: 61
- Fat: 16
- Protein: 34

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