

ASIAN BBQ CHICKEN

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

1/4 cup soy sauce
2 teaspoons stevia
1 tablespoon fresh lime juice
1/2 teaspoon crushed red pepper
1/4 teaspoon curry powder
3 cloves garlic – minced
4 bone-in chicken legs – skinned

Preparation:

Place all ingredients except chicken into a large zipper seal freezer bag and mix together.

Place the chicken legs into the bag with the marinade, moving them around to ensure they are all coated. Squeeze the air from the bag, seal and place in the refrigerator overnight.

Preheat your barbecue grill on medium.

Remove the legs from the marinade, discarding any excess liquid.

Place the chicken legs on the grill meaty side up with the lid closed for ten minutes.

Turn and cook for another ten minutes. Depending on the heat of your barbecue, you may need to adjust the cooking time. The chicken is perfectly cooked when an instant-read thermometer measures 170F (74C) at the thickest point of the meat.

Remove from the grill, let stand five minutes and serve.

Nutritional Information Per Serving:

Calories: 150
Fat: 7g
Carbs: 0g
Fibre: 0g
Protein: 20g