

GRILLED ITALIAN CHICKEN

Time: 30 minutes (plus marinating time)

Serves: 4

Ingredients:

50ml fresh lemon juice
40ml avocado or other cold-pressed neutral-flavoured oil
4g kosher salt
1g garlic powder
0.5g fresh ground black pepper
0.5g ground rosemary
0.5g dried basil
0.5g dried oregano
0.5g dried parsley
0.5g chilli flakes
800g bone-in skin-on chicken thighs

Preparation:

Combine all ingredients except chicken in a small bowl.

Place the chicken in a zipper seal freezer bag and add the marinade mixture. Remove as much air as possible and seal. Refrigerate for four hours or up to overnight.

When ready to cook, preheat your outdoor grill on high.

Turn off one side of the grill and place the chicken skin-side-up on the cool side. Close the lid and cook until the internal temperature reaches 75C.

Turn the chicken skin-side-down on the hot side and grill with the lid open just to brown the skin.

Remove from heat and serve.

Nutritional Information Per Serving:

Calories: 300
Fat: 23g
Carbs: 1g
Fibre: 0g
Protein: 23g