

JB's Nando Style Chicken

Here's one for the nando fan and tastes just as good as the original.



You'll need:

8 Chicken thighs, skin off or on whichever you prefer

Marinade:

2 tbsp freshly squeezed lemon

1 ½ tsp sea salt

180ml extra virgin olive oil

6 red chillies, chopped

4cm fresh ginger, grated

6 garlic cloves, chopped

This is what to do:

- 1) In a blender, puree the chilli, garlic, ginger, lemon juice and salt until smooth. With the blender on high, gradually blend in the oil
- 2) Cut some slashes into the chicken flesh
- 3) Transfer the chilli mixture to a large bowl. Add the chicken & stir until coated. Cover & refrigerate for at least 30 minutes to marinate
- 4) Pre-heat the on medium-high heat. Remove the chicken from the marinade & pat dry. Season with salt.
- 5) Brabecue for 4 minutes, or until lightly charred on one side. Turn & cook, basting the chicken with the remaining chilli mixture, for 4 minutes, or until the chicken is cooked through
- 6) They can also be cooked under an oven grill or non-stick griddle or frying pan