

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - MAY 2017

BBQ CHICKEN WITH COUSCOUS SALAD

Serves 4

INGREDIENTS

Rub/marinade:

- 3/4 cup smoked paprika
- 1/4 cup black pepper,
freshly ground
- 1/4 cup celery salt
- 1/4 cup sugar
- 2 tablespoons onion powder
- 2 tablespoons dry mustard
- 1 teaspoons cayenne
- 2 tablespoons lemon zest
- 2 table spoons of olive oil

Salad:

- 1 x packet couscous
- 1 can chickpeas
- 1 red bell pepper finely chopped
- 1/2 Red onion, chopped
- 1 English cucumber, peeled,
seeded, and finely chopped
- 1 tomato, chopped
- 1/4 cup fresh parsley chopped
- 1/2 cup crumbled feta cheese
- Salt and freshly ground black pepper
- 1/4 cup olive oil
- 2 to 3 limes, juiced



METHOD

For the salad:

Cook the couscous. Then In a large bowl, toss all the ingredients with the olive oil and lime juice, and season to taste.

For the chicken:

Pat chicken pieces dry with paper towels and rub chicken pieces liberally with your barbecue rub. (This can be done hours before allowing marinade to penetrate chicken). Light your BBQ wait for coals to become grey and ash looking, Cook the chicken in the oven first for 20-25 minutes at 180°C

Then Place the chicken skin side down on the grill. Begin flipping chicken and brushing liberally with the sauce every 5 minutes until sticky, about 25 minutes. Transfer chicken to platter and leave to rest 10 minutes. Serve with the Salad and the remaining sauce on the side.