



LEMON & THYME BBQ CHICKEN WITH FLAT BREAD

Serves 4 | Serves of Veg 3 | 0:20 Prep | 0:25 Cook



NUTRITION PANEL

Per Serve

General	
Weight	370.108 g
Macro-Nutrients	
Energy	4922.927 kJ
Protein	55.373 g
Total fat	82.441 g
Saturated fat	21.345 g
Trans Fatty Acids	0.266 g
Polyunsaturated fat	10.528 g
Monounsaturated fat	45.555 g
Cholesterol	241.910 mg
Carbohydrate	50.803 g
Sugars	14.063 g
Added Sugars	0 g
Free Sugars	5.870 g
Starch	36.740 g
Water	167.707 g
Alcohol	0 g
Dietary fibre	5.098 g

SHOPPING LIST



Olive Oil



Salt & Pepper



Garlic



Lemon



Green Olives



Greek Yoghurt



Olive Oil



Chicken Thigh



thyme



honey



Marinated Red Capsicum



Mixed Leaves



SF Flour



Baking Powder

SCAN HERE MORE RECIPE IDEAS



Ingredients

For Chicken

- 2 large garlic clove, crushed
- ½ green olives, pitted, sliced lengthways
- ½ cup x Marinated red capsicum, sliced
- ½ cup Extra Virgin Olive Oil
- 6 x Chicken Thigh
- Sea salt & black pepper to taste
- 6 thyme Springs
- 2 lemons - 1 to be Juiced & Zested
- 1tbs honey
- 2 cups Mixed Leaves

For Flat Bread

- 1 cup Greek yoghurt
- 1.5 cups self-raising flour
- 1 tsp baking powder
- 1 tbs olive oil
- Sea Salt, to season

Recipe Steps

1. Heat BBQ Grill to medium-high heat.
2. To a medium saucepan, Add **garlic, olives, capsicum, Extra Virgin Olive Oil, 1 lemons juice & zest, half thyme sprigs, honey.** Set aside.
3. With the remaining **thyme springs**, gently pull off leaves, add to medium bowl.
4. Slice remaining **lemon** into thick rounds. Add to thyme bowl.
5. Pat dry chicken, add to thyme & lemon bowl, season and mix altogether.
6. Take chicken thigh and saucepan with marinade to the BBQ. (Tip: take tongs, a long spoon and tin-foil tray out with you!)
7. Place the marinade onto the cooler part of BBQ, gentle warming & stirring.
8. Grill **chicken** - Skin side down for ~5mins or until charred. Repeat for other side. Grill the lemon slices for ~2 minutes each side. (all to rest, covered for 8 minutes) in the meantime - start **Flat Bread.**
9. Cut Cooked Chicken into strips, adding with meat juice to warmed marinade - off the heat, covered until ready to serve.

Flat Bread

1. Combine **yoghurt, flour, baking powder & olive oil** with a spoon, use clean hands to mix until dough forms.
2. Dust a clean work surface with flour, tipping out dough. Knead for a minute or so - you don't need to knead long - just enough to bring everything together.
3. Allow dough to rest covered for 5- 10 minutes.
4. Dust work surface, cut dough in half, then divide each half into 6 equal sized pieces (about golf ball size). With your hands, pat and flatten small dough balls until they form rounds - about 2-3mm thick
5. Cut 3 lines into the centre of each dough round
6. Grill dough rounds on BBQ at high-medium heat, cooking each ~1-2 minutes on each side, or until bar-marked and puffed up. Brush with Olive oil as they come off grill.

Ready to Serve

- Serve BBQ Chicken & Flat Bread with **Mixed Leaves**