



## Chicken Peri-Peri

**Servings:** 4

**Prep Time:** 20min

**Cook Time:** 30min

### Ingredients

- 4 large chicken thighs, skin on and bone in
- 1 red pepper
- 1 yellow pepper
- 6 sprigs of thyme
- 1tbsp sweet smoked paprika
- 1 lemon
- 2tbsp white wine vinegar
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- 1tbsp Worcestershire sauce
- A bunch of fresh basil
- Olive oil
- Extra virgin olive oil
- Sea salt and black pepper

#### PERI PERI SAUCE

- ½ red onion
- 2 cloves of garlic
- 1-2 bird's-eye chillies

### Directions

1. **PIRI PIRI SAUCE:** Peel and roughly chop the red onion and add to the liquidiser with 2 peeled cloves of garlic. Add the chillies (stalks removed), 1tbsp paprika, the zest of 1 lemon and juice of ½ a lemon. Add 2tbsp white wine vinegar, 1tbsp Worcestershire sauce, a good pinch of salt and pepper, the bunch of basil and a swig of water. Blitz until smooth.
2. **CHICKEN:** Put the chicken thighs on a plastic chopping board, skin side down, and slash the meat on each one a few times. Drizzle with olive oil and season, then put on the griddle pan that is heating up, skin side down. Cook until golden underneath, then turn over. Wash your hands. Cook for 8-10min then turn the chicken over

3. Slice the peppers into strips and add to the griddle pan. Turn the heat down to medium and keep moving the peppers around.
4. Pour the peiri peri sauce into a snug-fitting roasting tray. Lay the peppers on top and put aside. Add the chicken to the roasting tray with the sauce. Scatter over the sprigs of thyme, then put the tray into the middle of the oven for 8min
5. Move the chicken up to the top shelf to cook for around 10 minutes, or until cooked through.
6. Sprinkle over a few coriander leaves and serve with Microwave Chilli & Feta Potatoes