

# Piri Piri barbecued chicken



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**Preparation:** about 30 minutes  
+ marinating time  
**Cooking:** about 40 minutes  
**Serves:** 4

### Piri Piri paste

(Note: makes  $\frac{2}{3}$  cup paste)

7 long red chillies, deseeded  
3 garlic cloves, chopped  
2 tbs lime juice  
100ml olive oil  
Salt and ground black pepper

### Barbecued chicken and green salad

1.8 kg chicken, trimmed and cut into 8 pieces  
Leafy green salad and lime wedges, to serve

1. To make piri piri paste, place ingredients in a food processor. Season with salt and pepper. Process until finely chopped.
2. Using a sharp knife, score thickest parts of the chicken pieces. Place in a large ceramic dish. Coat chicken with piri piri paste. Cover and refrigerate for 2–3 hours (or overnight if time permits).
3. Preheat a greased barbecue plate over medium heat. Barbecue chicken, basting with any remaining piri piri paste and turning occasionally, for 35–40 minutes or until just cooked through. Serve with a leafy green salad and lime wedges.



### Red chillies

- Chillies are rich in vitamin C, beta carotene (which the body converts to vitamin A) and dietary fibre. However, their fiery flavour means we usually consume them only in small quantities.
- Even 10g of chilli will provide half the day's requirement for vitamin C. This vitamin plays a role in the body's defence against infections.