

BBq chicken and rice

Ingredients

2 pinches of Salt and pepper

1 tablespoon Oil

Cup of peas

$\frac{1}{2}$ carrot

Bbq chicken

2 Chicken thighs

2 tbsp Bbq seasoning

$\frac{1}{2}$ a lemon/lime

1 tablespoon Worchester sauce

Method

1. Cook the rice and sieve when ready.
2. Juice a lemon/lime.
3. Sear the chicken and put it in a bowl.
4. Marinade with, Worchester sauce, oil, salt and pepper, Lemon/lime juice and bbq seasoning.(Use your hands)
5. Peel the carrot and slice
6. Boil the carrots first and add the peas in a little bit later. Sieve when ready.
7. Fry the chicken until its mostly cooked and then put in the oven to finish the cooking with a little bit of oil. Cook for 15-20 minutes.
8. Keep an eye on your chicken and serve when ready.