



Orange and Sweet Chilli Griddled Chicken



 Serves
4

 Prep
10 minutes

 Cooking
10 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	102Kcal	2.8g	3.6g	0.8g	0.51g
RI%	17%	10%	17%	13%	28%

Method

1. In a large bowl combine the orange juice, olive oil, soy sauce, sweet chilli sauce, garlic and sriracha if using
2. Add the chicken and orange slices cover and marinate in the fridge for at least 4 hours, overnight if you have time.
3. Preheat the BBQ or griddle pan, remove the chicken and the orange slices from the marinade (discard the marinade) and cook the chicken over a medium heat for 5 mins either side or until cooked through.
4. Once the chicken is cooked place the orange slices on the griddle pan and cook for 1 min either side.

Ingredients

200ml Princes Pure Orange Juice
900g boneless skinless chicken thighs
2 tbsp olive oil
3 tbsp soy sauce
2 tbsp sweet chilli sauce
2 cloves garlic, peeled and crushed
1 tsp sriracha sauce, optional
1 orange, sliced
Chopped fresh parsley to garnish

