

# BBQ CHICKEN with PEACH GLAZE

## INGREDIENTS

- 1 cup tinned peach in natural juice
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1 tbsp soy sauce, plus
- 1 tsp soy sauce
- 1 tbsp dry mustard
- 1/4 tsp Cayenne pepper
- Freshly ground black pepper
- 4 split skinless chicken breasts
- Olive oil
- 4 ripe peaches, pitted and halved

## METHOD

1. Heat the grill to medium hot. In a medium mixing bowl, combine the peaches, garlic, olive oil, soy sauce, dry mustard, cayenne pepper, and 1/4 teaspoon pepper and mix well to combine.
2. Place the chicken breasts on oiled grill.
3. Cook the chicken about 10 minutes on each side before brushing the upturned side with glaze.
4. Continue cooking the chicken for another 10 to 12 minutes, turning it every 3 to 5 minutes and brushing each upturned side with glaze every time, until the chicken is cooked through. Move the chicken to the oven or a cooler part of grill if it gets too dark before it is cooked through.
5. Place the peach halves on the grill, cut-side down, and grill 2 minutes.
6. Turn, and brush the tops with glaze. Grill 3 to 4 minutes more, until the peaches are soft and the cavities fill with juices.
7. Transfer the cooked chicken and peaches to a serving platter.

	Per Serving	Per 100g
Energy	1862kJ	490kJ
Protein	42g	11g
Fat – Total	24g	6g
- Saturated	5g	1g
Carbohydrate - Total	13g	3g
- Sugars	12g	3g
Sodium	402mg	106mg

**BIG  
RED  
BBQ**

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