

FRESH HERB CHICKEN

INGREDIENTS

- 8 boneless chicken thigh fillets (about 140g each) excess fat removed
- Lemon wedges, to garnish

Marinade

- 1/3 cup olive oil
- 1 tablespoon lemon juice
- 2 cloves garlic, crushed
- ½ teaspoon freshly ground black pepper
- 1 tablespoon each fresh thyme, parsley and rosemary leaves, finely chopped

METHOD

1. Combine all the marinade ingredients in a shallow bowl. Add the chicken thighs, making sure they are all coated with the marinade, cover with plastic film and marinate for 2 hours in the fridge.
2. Bring the meat to room temperature by removing from the fridge half an hour before cooking..
3. Cook the chicken thighs on a preheated chargrill for a few minutes each side, or until the chicken is cooked through.
4. Garnish with lemon wedges and serve.

Serves 4

	Per Serving	Per 100g
Energy	1522kJ	919kJ
Protein	26g	16g
Fat – Total	29g	17g
- Saturated	6g	3g
Carbohydrate - Total	<1g	<1g
- Sugars	<1g	<1g
Sodium	125mg	75mg

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