

# BBQ MARINATED CHICKEN THIGHS

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## INGREDIENTS

6 x Chicken thighs

Juice of ½ lemon

½ cup olive oil

1 x tsp sea salt

½ cup natural yoghurt

½ cup Long Track BBQ Relish  
(or similar)



## METHOD

- Mix marinade ingredients together with the whisk until combined in a large bowl.
- Add the chicken thighs and toss well through the marinade so that each thigh is coated in the mix.
- Stand at room temp for ½ hour or in the fridge for 2 x hours
- Cook the thighs on a BBQ or in a cast iron pan until cooked through and golden.
- Serve with crunchy slaw, barbecued corn and more relish for a delicious meal to enjoy outdoors.