



Grilled Chicken Chilli

Makes: 4

Prep time: 10 minutes

Cook time: 40 minutes

Ingredients:

500g boneless, skin-on chicken thighs (the skin will keep the chicken moist during cooking, but you could use skinless if you prefer)

500ml chicken stock

1 onion, diced

1 tsp ground cumin

½ tsp ground coriander

1 tsp paprika

2 cloves garlic, crushed or finely grated

400g tin white beans such as cannellini

Sliced green chilli, to serve

Sour cream, to serve

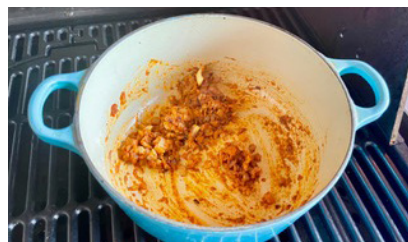
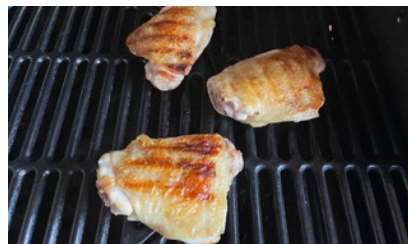
Coriander, to serve

Avocado, diced, to serve

1 lime

This is a riff on chilli con carne using grilled chicken and white beans. It's smoky, lightly spiced and perfect for loading with toppings like green chilli, avocado and coriander. Serve with rice and tortilla chips.

Method:



1. Preheat two gas burners on the Jupiter Outback BBQ and set the heat to medium.

2. Using a rolling pin or meat tenderiser, flatten the thighs until they are an even thickness. Rub the thighs with a little oil and season with salt. Place the thighs over direct heat and cook for 8-10 minutes each side, or until cooked through.

3. In a large casserole dish, add a splash of oil and cook the onion for around 10 minutes, stirring regularly, until soft.

4. Combine the ground cumin, coriander, and paprika with 1 tablespoon water and add it to the

Method Continued:



casserole. Add the garlic too, then cook, stirring, for a couple of minutes. Move it to one side while you finish cooking the chicken.

5. Once the chicken is cooked, remove the skin and shred the meat. Add it back to the casserole along with the stock and beans. Cook to heat through over medium-low heat for around 10 minutes.

6. Top with sour cream, sliced green chilli, coriander and chopped avocado to serve.