



PIRI PIRI CHICKEN THIGHS WITH CUCUMBER & RED ONION SALAD

Ingredients cost: £9.50

Servings: 2-3, depending on appetite and accompaniments

Prep Time: 20 minutes, plus 1 hour marinating time

Cook time: 30 minutes

FOR THE MARINADE:

6 bone in, skin on, chicken thighs

Juice of ½ lemon

3 cloves garlic

2 tsp flaky sea salt

Piri piri chicken is named after the chillies used to make it, but they can be tricky to find; this recipe uses regular red chillies plus a couple of birds eye chillies, to ramp up the heat a little bit. If you like spice, just add more, or play around with different chilli varieties. In Portugal, where this dish originated, the most common accompaniments would be chips and a tomato and onion salad - definitely worth a try when tomatoes are in season.

METHOD:

1. Mix together the lemon juice, garlic and salt. Spread this evenly over the chicken thighs and set aside to marinate for an hour.



2. Blend all the piri piri sauce ingredients to a paste. Set aside half of the sauce for brushing the chicken once cooked.

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FOR THE PIRI PIRI SAUCE:

4 red chillies
2 bird's eye chillies
2 tsp smoked paprika
8 cloves garlic
6 tbsp red wine vinegar
2 tbsp dried oregano
4 tbsp olive oil
2 tsp caster sugar
Salt

FOR THE CUCUMBER SALAD:

1 red onion, finely sliced
1 cucumber, cut in half lengthways, seeds removed and sliced
2 tsp dried oregano
2 tbsp red wine vinegar
1 tbsp olive oil
1 tsp sugar
1 tsp salt

METHOD CONTINUED:



3. Make the cucumber salad by combining the salt, sugar, vinegar and olive oil and mixing well. Add the sliced cucumber and red onion and mix again.

Set aside, stirring occasionally to make sure the sugar is dissolved and the vegetables well coated.

4. Light the Jupiter Outback BBQ gas burners and set the heat to low-medium.
5. Place the chicken thighs skin side down and cook, turning regularly for around 20 minutes. It's important to cook the chicken thighs slowly to make sure they're cooked all the way through and the skin is nice and crisp. An internal temperature probe should read 73C.



6. When the thighs are nearly cooked, brush them with sauce and cook for a further 5-10 minutes, until looking caramelised and slightly charred in places.

7. Remove from the heat, and serve brushed with the reserved piri piri sauce and the salad.