

BBQ CHICKEN

DINNER



INGREDIENTS (x2 Servings)

- 4 skinless boneless chicken thighs
- 2 tbspn tomato puree
- 1 tbspn brown sugar
- 1 tbspn white vinegar
- ¼ tspn mustard powder
- 2 tbspn Worcester sauce

DIRECTIONS

- Preheat your oven to 190 degrees
- In a bowl mix your tomato puree, sugar, vinegar, mustard powder and Worcester sauce
- In a baking dish place your chicken thighs, then mix in your sauce coating the thighs in the sauce
- Cover the dish with foil and bake in the oven for 1-2 hours
- Take out of the oven and shred the chicken with two forks, mixing in any remaining sauce
- Serve in your favourite roll with some salad

Nutritional Information (per serving): Calories: 317kcal | Protein: 28g | Carbs: 11g | Fat: 17g