



## Pan-Grilled Chicken Barbecue Recipe

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Preparation Time	10
Cooking Time	70
Serving Size	8

### Ingredients:

- 1 kg chicken, thigh and leg

### FOR THE MARINADE

- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
  - 1 tsp ginger, grated
  - 1/4 cup garlic, crushed
  - 1/4 tsp pepper, black
  - 1/4 cup soy sauce
  - 2 Tbsp calamansi juice
  - 1/4 cup sugar, brown
  - 1/2 tsp salt
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- 3 Tbsp oil, for pan-grilling

### Preparation:

1. Cut shallow slits (score) on each chicken piece. Marinate for at least one hour (or preferably overnight) in the refrigerator.
2. Heat oil in a non-stick pan. Pan-grill chicken over medium heat until cooked and well-browned on both sides.

### Chef's Tip

Scoring or making shallow cuts on the chicken allows the marinade to penetrate the meat.

### Lusog Notes

This dish is high in protein that is needed for the growth, maintenance, and repair of body tissues. It is also a source of niacin that helps the body use nutrients for energy.

### Cooking Skills Needed

- Pan-Grilling
- Cutting
- Slicing
- Marinating

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon