



Pan-Grilled Chicken Barbecue Recipe

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

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