



Barbecued chicken

Serves 4

- 1 orange
 - 1 dried chilli or a teaspoon of chilli flakes or chilli powder
 - 1½ heaped teaspoons smoked paprika
 - 1½ teaspoons mustard
 - 3 tablespoons runny honey
 - 3 tablespoons ketchup
 - 1 teaspoon olive oil
 - 4 x 120 g skinless chicken breasts
1. You can cook the chicken under the grill or in a frying pan. If you are grilling them, turn it on before you start preparing the barbecue sauce.
 2. Finely grate the orange zest into a shallow bowl. Crumble in the dried chilli. Add the paprika, mustard, honey, ketchup and a splash of olive oil.
 3. Season with a small pinch of salt and pepper and mix well. Spoon out a few tablespoons of the marinade and set it aside.
 4. Add the chicken breasts to the bowl with the remaining sauce. Turn them over in the marinade so they're well coated, cover with clingfilm or a plate and leave to sit for 5 to 10 minutes or until the grill is ready.
 5. Use tongs or a fork to transfer your chicken breasts onto the grill or frying pan. For chicken breasts approximately 2cm thick, cook for about 5 minutes on each side, turning every minute and basting as you go, or until golden and cooked through.
 6. Put the chicken onto plates and spoon a little of the reserved sauce over.
 7. Serve with salad or vegetables and [potato wedges](#).