



## PERI PERI GRILLED BONELESS CHICKEN

### Ingredients

- Red bell Pepper
- Fresh Chilli
- Medium Onion (Chopped)
- sprigs lemon basil leaves
- Cloves Garlic (Chopped)
- tsp Black Pepper powder
- tbsp Oregano
- tbsp Cayenne pepper
- tbsp Olive Oil
- tbsp Lemon juice, raw
- pieces Chicken (Boneless)
- Tablets MAGGI Chicken

### Instruction

1. Pour the charred red bell pepper into a blender, add red chilli, onion, basil, garlic, black pepper corn, oregano, cayenne pepper, lemon juice, olive oil blend into a smooth mixture - 5minutes
2. Transfer your chicken to a large mixing bowl, pour your peri peri sauce on the chicken, sprinkle 2 MAGGI chicken tablet on it and massage the sauce in - 5minutes
3. Wrap the bowl with cling film and refrigerate for an hour or more
4. In a preheated oven, grill the chicken in a skillet at 180degrees for 20 minutes. Serve with sautéed vegetables and any side of your choice.

### Nutrition

Carbohydrates	8,23 g
Energy	598,8 kcal
Total fat	27,44 g
Fiber	1,62 g
Protein	81,38 g
Saturated Fats	5,25 g
Sodium	424,05 mg
Sugars	3,87 g

90 Minutes

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