

Chef Murray's Perfect Pairing *for Summer*



BBQ CAJUN CHICKEN

Yields 4 portions | Gluten-free, Nut-free

Ingredients

4	Chicken thighs (boneless, skin on) or chicken breasts
2 tbsp	Canola oil
<i>For Spice Rub:</i>	
2 tsp	Onion powder
2 tsp	Smoked paprika
2 tsp	Nutritional yeast
1 ½ tsp	Garlic powder
1 tsp	Dried thyme
½ tsp	Cumin
2 tbsp	White sugar
½ tsp	White pepper
½ tsp	Black pepper
1 tsp	Kosher salt

Method

1. Combine chicken with the oil in a stainless-steel bowl and gently mix.
2. In separate bowl, combine all ingredients for the spice rub. To adjust heat (spiciness), add cayenne pepper if desired.
3. Combine the spice rub with the chicken and mix well; let chicken marinate in the fridge for 2 to 3 hours or overnight.
4. Pre-heat barbecue to 350F (medium to high heat), clean the grill and lightly oil to prevent sticking.
5. Place chicken on the hot grill and sear both sides. Once seared, place on top rack and reduce heat to cook chicken to an internal temperature of 165F, or until the juices run clear when the chicken is cut.
6. Remove the chicken and place on a platter. Wrap the platter with tin foil and place a dry towel on top. Let the meat rest for 5 to 7 minutes; this will yield a much juicier piece of chicken.
7. Serve with Chipotle Mango Black Bean Salsa and enjoy!



CHIPOTLE MANGO BLACK BEAN SALSA

Yields 2 cups | Vegan, Gluten-free, Nut-free

Ingredients

½	Green bell pepper (small diced)
½	Red bell pepper (small diced)
1 can	Chipotle peppers in Adobo sauce (chopped)
2 tbsp	Red onion (small diced)
1 clove	Garlic (finely chopped)
¼ cup	Cilantro (washed, chopped)
1	Lime (juiced)
1 tsp	Ground cumin
½ tsp	Smoked paprika
½ tsp	Nutritional yeast
½ can (540 ml)	Black beans (rinsed)
½ cup	Frozen corn kernels (thawed)
½ cup	Mango (ripe, peeled, small dice)
To taste	Pepper
To taste	Kosher salt

Method

1. Combine all ingredients in a stainless-steel bowl and gently mix together.
2. Season to taste and adjust heat (spiciness) if needed.
3. Place in the fridge until ready to serve.
4. Serve on top of the BBQ Cajun Chicken and enjoy!



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