

**SERVES 4**



## BBQ PINEAPPLE CHICKEN WITH SEASONAL VEGETABLES

### INGREDIENTS

- 4 chicken breasts
- 4 pineapple rings, canned (keep juice aside)
- 1 cup of your favourite BBQ sauce
- 1 butternut, peeled and cubed in 2cm x2cm
- 2 red peppers, sliced
- 8 cocktail onions
- 1 tsp dried red chilli flakes (optional)
- 2 sprigs of rosemary
- 2 sprigs of thyme
- Salt & black pepper to taste

### METHOD

- Pre-heat oven to 180 C.
- Flatten the Chicken breasts. Season with Salt and Pepper to taste.
- Mix BBQ sauce with 1/4 c of Pineapple juice (from can).
- Mix all the vegetables, add Thyme, Rosemary and dried Chili. Season with Salt and Pepper.
- Cut 4 pieces of Twinsaver Heavy Foil (around 35cm for each).
- Layer the Vegetables, then Chicken breast, top with Pineapple ring.
- Pour over the BBQ/ Pineapple juice mixture over the Chicken.
- Close each sheet to form a parcel.
- Cook in hot oven for 25- 30min.
- Open parcel and serve.

**COOKING TIP:** Marinate the chicken in buttermilk for a few hours or overnight for extra tender and moist chicken.