BBQ Chicken with Abalane Sweet Chill Sea Souce

INGREDIENTS

4 Tsp Kansom Australia's Abalone Sweet Chilli Sea Sauce*

2 Chicken Breasts

1 Punnet Roma or Cherry Tomatoes

1 Punnet Small Mushrooms, Sliced

150g Rocket

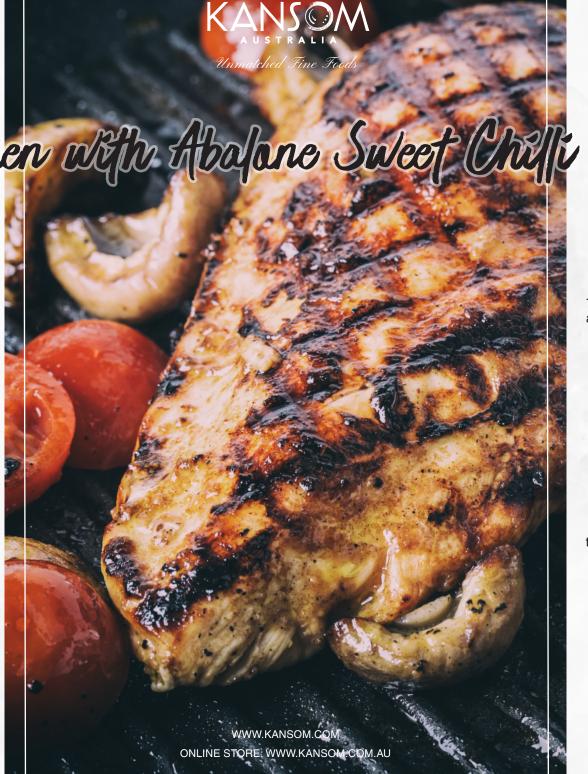
30g Parmesan Cheese, Shaved

Olive Oil

Balsamic Vinegar

METHOD

- 1. Pound the chicken breast to tenderise and lightly coat the chicken with olive oil and season with salt and pepper to taste.
- 2. Grill the tomatoes, mushrooms, and chicken over high heat. Cook the chicken until it is lightly seared on each side, and almost cooked. Remove tomatoes and mushrooms from the grill and set aside.
- 3. Lightly coat one side of the chicken with the Abalone Sweet Chilli Sea Sauce, then turn the chicken over so the coated side is face down on the grill. Continuing cooking until the side is charred and cook and repeat with the remaining side. Once cooked, remove chicken from grill.
- 4. In bowl mix together the rocket and cheese with balsamic vinegar and olive oil to taste.
- 5. To serve, place chicken, mushroom and tomatoes on plate with a portion of the rocket salad.



*Why not try this recipe with any of our Mild and Hot Chilli Sea Sauces? Give it a try.