



Cooking Made Easy

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Stokes Summertime BBQ-Style Chicken with Corn Rice

A couple of weeks ago, Patrick picked up a bottle of Stokes BBQ Sauce at a food fair and a culinary love affair began. Stokes was founded in 2004 by Rick Sheepshanks (yes, that really is his name) and they've been whipping up their secret sauce recipes at their Suffolk 'Saucery' ever since. If the weather is playing ball, we totally recommend putting your marinated chicken on the BBQ, but if not, get out that golf umbrella and do it on the BBQ anyway!



55 min



family box



lactose free



Chicken Thighs (6)



BBQ Sauce (4 tbsp)



Red Pepper (1)



Green Pepper (1)



Red Onion (1)



Chicken Stock Pot (1)



Basmati Rice (2 packs)



Corn on the Cob (2)

Ingredients

	2P	4P
Chicken Thighs	-	6
BBQ Sauce 1, 2	-	4 tbsp
Red Pepper, sliced	-	1
Green Pepper, sliced	-	1
Red Onion, chopped	-	1
Chicken Stock Pot	-	1
Basmati Rice	-	2 packs
Corn on the Cob	-	3

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH: Step for little hands

Allergens

1) Gluten | 2) Fish

Nutrition per serving: Calories: 638 kcal | Protein: 41 g | Carbs:107 g | Fat: 7 g | Saturated Fat: 2 g



1 Pre-heat the oven to 180 degrees. Slash each chicken piece three times then put them in a large mixing bowl. Pour over 3 tbsp of the BBQ sauce. Pour over 2 tsp of olive oil and add a pinch of salt and pepper. **LH:** *Thoroughly mix everything together.*



2 Place the chicken on a baking tray and cook on the top shelf of the oven for 40 mins. Every 10 mins open up the oven and turn everything over to cook it evenly. **Tip:** *The chicken is cooked when it's no longer pink in the middle.*



3 Remove the core from the peppers and slice them into 1cm thick strips. Peel the onion and chop into bite-sized chunks.



4 Boil 700ml of water with the chicken stock pot and add your rice. Put a lid on the rice and cook on lowest heat for 10 mins before taking the pot off the heat and resting for 10 mins - do not touch the lid for the whole 20 mins!

5 **LH:** *After the chicken has been in the oven for 15 mins, toss the pepper and red onion pieces in 1 tbsp of BBQ sauce and 2 tsp of olive*

oil. Tip into the roasting tin with the chicken and return to the oven until the chicken is done.

6 Place the corn vertically on your chopping board (i.e. with the base on the board) and rest your hand on top. Run your knife downwards to to remove corn from the cob. Mind it doesn't ping all over the place! Place a pan on a medium heat with a tablespoon of olive oil. Once hot, fry the corn for 2 mins with a pinch of salt and a grind of pepper.

7 Once the rice is cooked, separate the grains using a fork. Stir the corn through the rice.

8 Once your chicken and vegetables are cooked serve with your corn rice and a big smile!