



SWEET STICKY BALSAMIC CHICKEN

Dark, glossy, irresistible



Serves 6



10 mins + marinating



15 mins

INGREDIENTS

- 6 chicken breasts
- 2 tsp garlic powder
- 1½ tsp salt
- 1 tsp ground black pepper
- 2 tsp dried rosemary
- 2 tsp Dijon mustard
- ¼ cup (60 ml) Worcestershire sauce
- ¾ cup (180 ml) brown sugar
- ⅓ cup (30 ml) lemon juice
- ¼ cup (60 ml) soy sauce
- ½ cup (120 ml) balsamic vinegar
- ½ cup (120 ml) extra virgin olive oil

INSTRUCTIONS

1. Combine all marinade ingredients in a large mixing bowl and whisk together. Remove half a cup of marinade and reserve for basting the chicken later.
2. Place chicken in a large resealable bag and pour marinade over the top. Gently massage the chicken breasts, then close the bag securely. (If you have less time, consider poking holes in the chicken with a fork to allow the marinade to penetrate quickly.)
3. Refrigerate and marinate for at least 30 minutes and up to 24 hours. 4–6 hours is ideal.
4. To grill: Preheat the barbecue to medium-high heat and lightly oil the grates. Remove the chicken from the marinade, letting the excess drip off. Grill for 5–6 minutes on each side until cooked through (internal temperature 74°C). Baste occasionally with the reserved marinade. Remove from the grill, tent with foil and rest for 5 minutes before serving.
5. **To bake:** Preheat oven to 200°C. Place on a shallow baking sheet and cook for 18–22 minutes until chicken reaches 74°C. Rest for 5 minutes. Baste often for the best flavour.
6. **To cook on the stovetop:** Preheat a skillet over medium-high and lightly grease. Cook for 8–10 minutes per side until 74°C. Rest for 5 minutes.

STORY NOTES

*While hunting a calculating killer during a high-profile double murder investigation in *The Shape of Lies*, Tom Douglas takes a rare break for a family barbecue at the home of his ex-wife, Kate, hoping the afternoon will offer a brief respite before the case pulls him back into the darkness.*

