

HOW TO USE · CHARCOAL BBQ RUB

CHARCOAL BBQ CHICKEN

A zesty, savoury rub with dried lemon peel, made for the grill.

SERVES	PREP	COOK
4	10 min	30 min

INGREDIENTS

- 1 kg chicken pieces, skin on
- 2 tbsp oil
- 2 tbsp Charcoal BBQ Rub



METHOD (bbq)

1. Toss the chicken with the oil and rub until evenly coated. Leave 15 minutes if you have time.
2. Cook on a medium charcoal or gas barbecue, turning now and then, until the skin is browned and the chicken is cooked through, about 25–30 minutes.
3. Rest 5 minutes and serve with a simple salad or grilled vegetables.

CHARCOAL BBQ CHICKEN

OVEN TRAY ROAST

200°C fan · 35–40 min

No barbecue needed

1. Toss 1 kg chicken pieces with 2 tbsp oil and 2 tbsp of the rub.
2. Roast at 200°C fan-forced for 35–40 minutes, turning once.
3. Rest and serve with lemon wedges.

GRILLED STEAK

high · 6–8 min

Quick grill

1. Rub 2 tsp of the seasoning and a little oil over 2 steaks.
2. Cook on a hot grill 3–4 minutes each side, or to your liking.
3. Rest 5 minutes before slicing.

ROAST VEGETABLES

200°C fan · 30–35 min

Hands-off sides

1. Toss 800 g chopped vegetables with 2 tbsp oil and 1–2 tbsp of the rub.
2. Roast at 200°C fan-forced for 30–35 minutes, turning once.
3. Serve with grilled meat or as a tray dinner.

OTHER WAYS TO USE IT

→ Sprinkle over fish before it hits the grill.

→ Stir 1 tsp through olive oil as a salad dressing.

→ Rub onto lamb chops with a little oil.

ALLERGENS Contains mustard. May be present: Soy, Gluten, Sesame.
SALT This blend contains salt, so taste before adding any more.