



## Pan-Grilled Chicken Barbecue Recipe

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Preparation Time 10 mins.  
Cooking Time 1 hr. and 10 mins.  
Serving Size 8

### Ingredients:

- 1 kg chicken, thigh and leg

### FOR THE MARINADE

- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1 tsp ginger, grated
- 1/4 cup garlic, crushed
- 1/4 tsp pepper, black
- 1/4 cup soy sauce
- 2 Tbsp calamansi juice
- 1/4 cup sugar, brown
- 1/2 tsp salt
  
- 3 Tbsp oil, for pan-grilling

### Preparation:

1. Cut shallow slits (score) on each chicken piece. Marinate for at least one hour (or preferably overnight) in the refrigerator.
2. Heat oil in a non-stick pan. Pan-grill chicken over medium heat until cooked and well-browned on both sides.

### Chef's Tip:

Scoring or making shallow cuts on the chicken allows the marinade to penetrate the meat.

### Lusog Notes:

This dish is high in protein that is needed for the growth, maintenance, and repair of body tissues. It is also a source of niacin that helps the body use nutrients for energy.