



Barbecued chicken with grilled eggplant

Delicious marinated chicken fillet with Byodo Barbecue Sauce. Barbecuing can be so easy!

Zutaten

4 Portionen

Ingredients Barbecue chicken

4 small Chicken breast fillets (600-800 g)

2 Eggplants

1 Pomegranate

250 g Greek yogurt

2 TL Soy sauce

1 TL Tahini (sesame paste)

6 Handles Parsley, smooth

1 small Garlic clove

Byodo premium sea salt, fine-grained

Pepper

3 EL Byodo Roast Olive Mild

Marinade ingredients

100 ml Byodo Barbecue Sauce

1 Garlic clove

0.5 TL Smoked paprika powder

0.5 TL Chili flakes

2 EL Agave syrup

1 TL Byodo premium sea salt, fine-grained

1 EL Byodo Condimento Bianco

Zubereitung

Rinse the chicken fillets and pat dry.

For the marinade, finely chop the garlic and mix with all the other ingredients in a bowl. Transfer half of it to a small bowl and set aside. Brush the fillets generously all over with the other half of the marinade. Cover and leave to infuse.

Cut the eggplants into slices approx. 0.5 cm thick. Season with a little salt and pepper, brush with olive oil and mix the yogurt with the tahini and soy sauce. Chop the parsley and garlic and add to the yogurt. Remove the pomegranate seeds.

Heat up the grill and brush the grill grate with a little oil. Grill the chicken breast on both sides for a total of about 10-15 minutes, turning as you go.

Finally, place the eggplant slices on the grill and grill for 3-5 minutes.

Divide the yoghurt and pomegranate seeds between four plates. Then arrange the eggplant slices and chicken breast fillet on top. Serve immediately and add the remaining marinade for dipping.