

Barbeque Chicken

Makes 1 serving (1 protein, 1 vegetable)
26 grams protein
2 grams fat
173 calories

Ingredients

- 100 grams chicken breast, whole
- 1 serving of **Barbeque Sauce** (see recipe on our website)

Directions

1. Coat chicken with barbeque sauce and fry with a little water in small frying pan until cooked thoroughly on low heat.
2. Stir constantly and add water so that it doesn't burn on grill on the barbeque.
3. Serve hot.
4. Add sea salt and pepper to taste.

