

BACON-WRAPPED CHICKEN

Time: 90 minutes

Serves: 4

Ingredients:

1kg boneless-skinless chicken thighs
10g salt
12 strips thick-sliced bacon (one strip per thigh)
150g barbecue sauce

Preparation:

Preheat your smoker to 110C.

Sprinkle the salt evenly on both sides of the chicken thighs.

Wrap each thigh with a strip of bacon.

Smoke for one hour.

Baste the thighs with the sauce.

Increase smoker temperature to 200C and cook until internal temperature of the chicken reaches 71C.

Serve immediately.

Nutritional Information Per Serving:

Calories: 560 Fat: 19.6g Carbs: 17.3g Fibre: 0g Protein: 73.7g	Hand-Size Portion Guide Palms of Protein: 2 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 1
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