**Spicy Barbeque Chicken**

**Ingredients**

4 Chicken breasts, skinned

2tbsp Low fat natural yoghurt

25g Plain flour

1tbsp Red wine vinegar

2tbsp Sunflower oil

4tbsp Lemon juice

1 Garlic clove, skinned and crushed

1tsp Ginger root, grated

1tsp Paprika

1tsp Crushed peppercorns

**Method**

1) Mix the yoghurt, flour, vinegar, oil, garlic, paprika and peppercorns with 2tbsp of lemon juice.

2) Make parallel slits in the chicken, about 1cm apart, and sprinkle with lemon juice.

3) Place the chicken in a bowl and cover with the yoghurt mixture. Chill for several hours turning occasionally.

4) Grill or barbeque the chicken for 10-15 minutes on each side until the juices run clear.

Serve with… boiled potatoes or rice and a boiled vegetable

or salad of your choice.

