

BBQ Recipe



A great BBQ does not have to rely on store-bought BBQ sauces for flavour, as they can be high in added sugars and sodium. Using herbs and spices allows you to create bold, delicious flavours while keeping meals lighter and more nutritious.

This Catalan-inspired recipe uses simple ingredients to create a delicious and healthy meal.

Chicken Breasts with Roasted Red Bell Pepper Romesco Sauce

Serving Size: 4 Marinating Time: 1-8 hours
Prep Time: 25 minutes Grilling Time: about 30 minutes

Ingredients

Marinade for 4 boneless, skinless chicken breasts:

- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- 3 garlic cloves, minced
- 1 teaspoon sweet paprika
- 1 teaspoon salt
- 1 teaspoon lemon zest
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper

Romesco Sauce

- 2 medium red bell peppers
- 2 large garlic cloves
- ¼ cup almonds, toasted
- ¼ cup extra-virgin olive oil
- 2 tablespoons tomato paste
- 2 tablespoons sherry vinegar
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper

Instructions

- In a small bowl, whisk all of the marinade ingredients.



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- Lightly score the chicken breasts diagonally, place them in a bowl, pour in the marinade, and turn to coat evenly. Cover with plastic wrap and refrigerate for at least 1 hour and up to 8 hours.
- Prepare the grill for direct cooking over medium-high heat.
- Brush the cooking grates clean. Grill the bell peppers over direct medium-high heat, with the lid closed, until blackened all over, for about 20 minutes, turning every 5 minutes.
- Transfer the peppers to a bowl, cover with plastic wrap, and let them steam for 10 to 15 minutes. Remove the peppers from the bowl, peel and discard the charred skin and remove the stems.
- Chop the peppers and transfer to a food processor. Add all of the remaining sauce ingredients and blend. Transfer the sauce to a bowl.
- Prepare the grill for direct cooking over medium heat.
- Remove the chicken from the marinade, allowing any excess marinade to drip back into the bowl to avoid flare-ups. Discard the marinade. Place the chicken on the grill over direct medium heat.
- Grill on the first side, with the lid closed, until the chicken breasts are well-grill-marked and release easily from the grates, 4 to 6 minutes. Flip the chicken and repeat on the other side.
- Remove from the grill and let the chicken breasts rest at room temperature for 3 to 5 minutes.
- Serve with the romesco sauce and lemon wedges.

Notes

- Pair the chicken with grilled vegetables such as asparagus, zucchini, eggplant, mushrooms, carrot, and onion.
- For a vegetarian option, substitute the chicken with Portobello mushrooms.
Cook as follows:
 - Brush the mushroom caps generously with the marinade and turn the caps over. Spoon the rest of the marinade into the mushrooms. Allow the mushrooms to marinate at room temperature for 15 to 20 minutes.
 - Lightly season the mushrooms with salt and pepper. Brush the cooking grates clean. Grill the mushrooms over direct medium heat, with the lid closed, until they begin to soften, 4 to 6 minutes. Turn the mushrooms over and continue grilling until tender when pierced with a knife, about 4 to 6 more minutes.

Adapted from Weber

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