

# Saffron marinated chicken



**Time to prepare: 30 min**

**Time to cook 15-20 min**

**serves 4 people**

## Ingredients

**4 boneless chicken thighs**  
**yoghurt, any kind, 4 tbsp**  
**juice of one small lemon or lime**  
**1 medium chopped onion**  
**saffron 1tsp**  
**salt**

## To make

**The best way to get the most flavour and colour out of the saffron is to steep it.**

**To do this, grind saffron pistils to a fine powder using a pestle and mortar.**

**Add 30ml (1 tbsp) of boiling hot water and set aside to soak for 5 to 10 minutes**

**In a bowl, mix all the ingredients together. Mix well and set in the fridge for 30 min to 1 hour.**

**Oil the surface of the grill with sunflower oil using a brush. Place the pieces on the hot grill plate and close the lid. Turn over to grill the other side after 5-7 minutes putting the grill on medium heat.**

**Serve on a bed of rice topped with saffron, some grilled tomatoes and fresh basil if you like. Traditionally the chickens are barbecued on top of the charcoal.**