

# MARINATED GRILLED CHICKEN

## Serves 4-6

Juice of a lemon

3 garlic cloves, finely grated

2 tsp dried Greek or Sicilian oregano, crumbled

Small handful fresh oregano, roughly chopped

2 tbsp extra virgin olive oil

1.2 kg skin on chicken thighs

Sea salt

Lemon wedges, to serve

In a large bowl, combine all of the marinade ingredients. Whisk to combine then add in the chicken thighs. Season well and mix with your hands to coat. Cover and allow to marinate for at least 30 minutes at room temperature or ideally 3-4 hours in the refrigerator. Bring to room temperature before cooking.

Heat a grill or grill pan over a medium-high heat and cook the thighs, skin side down, for 2-3 minutes. Turn over and cook for another 2-3 minutes. Turn again, back to skin side, and cook for a further 2-3 minutes, or until cooked through. Serve with an extra pinch of flaky sea salt and lemon wedges.

### Notes:

- The best dried oregano is the one that you buy on the branch. You just crumble it from the branch as you need and lasts so long. A real staple in my kitchen.