



## BBQ Season

# Chipotle Chicken Thighs with Sweetcorn 'Ribs', BBQ Baked Sweet Potatoes, Chilli and Lime Butter and Spring Onion Slaw

I love a Barbecue. There is nothing quite like them when it comes to entertaining friends and they are perfect for bringing everyone together. Living in Jamaica means I am lucky enough to have lots of opportunities for easy summer eating on the patio or in the garden. This simple recipe will amaze all your friends, so don't be surprised if they never want to leave!

Usain Bolt

Serves: **4**  
Prep time: **30 minutes**  
Cook time: **30–45 minutes**

## Ingredients

- 1 lime (zest and juice)
- 4 tbsp chipotle paste
- 1 tbsp oil
- 1 tsp honey
- 4 × skinless and boneless chicken thighs
- Small white cabbage (halve core and thinly slice)
- 1 large carrot (peel, trim and coarsely grate)
- 2 spring onions (trim and slice on an angle)
- 4 tbsp full fat mayonnaise
- 125g butter, softened
- 1 red chilli (slice in half lengthways, remove the seeds, then finely chop)
- 4 small sweetcorn cobs (stand half size corn cobs upright on a board, carefully cut into 4 'ribs' lengthways through the core with a sharp knife)
- 4 medium sweet potatoes (cut in half and make diagonal cuts in the flesh, taking care not to cut through the skin)



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1 Light your barbecue and allow it to come to the correct temperature for cooking. Put half the **lime juice** into a medium bowl, add the **chipotle paste**, **oil** and **honey** and stir together. Lay each **chicken thigh** flat between two sheets of greaseproof paper, place on a board and bash with a rolling pin or the bottom of a saucepan until the meat is an even thickness (approx 1–2cm). Add the chicken thighs to the marinade, season and toss together to coat well. Cover and put into the fridge to marinate until ready to cook. Wash your hands after handling raw meat.



2 Prepare the Spring Onion Slaw. Place the **cabbage**, **carrot** and **spring onion** in a large bowl and stir in the **mayonnaise**. Add the remaining **lime juice**, season well, and mix it all together to give the vegetables a light coating of dressing. Keep cool until ready to serve.



3 Make the Chilli and Lime Butter. Put the **butter** into a medium bowl and add half of the **chilli** (add less if you don't like too much heat) and the **lime zest**. Season well and mix everything together. Spread each **sweetcorn 'rib'** with some of the butter. Transfer the remainder to a small serving bowl or ramekin.



4 Rub each **potato** with a little **oil** and season, then wrap in a double layer of foil. As soon as the barbecue coals are glowing red, put the potatoes directly on them. If using a gas barbecue, place straight onto the griddle. Cook for 15 mins, turn with tongs, then cook for 15 mins more. Remove one, unwrap and check it is cooked through. Keep wrapped until ready to serve.



5 When the barbecue is hot enough, cook the **chicken**. Remove the chicken from the marinade (discard any excess) and lay the thighs flat on the BBQ grill. Quickly sear both sides for 1 min each side, and then continue to cook for 12–15 mins, turning occasionally, until the chicken is cooked through and there are no traces of pink. Remove from the heat, transfer to a clean plate, cover with foil and allow to rest until ready to eat.



6 Add the **sweetcorn ribs** to the barbecue grill and cook for 10–12 mins, turning occasionally until tender and charred. When everything is ready, unwrap the baked sweet potatoes and serve alongside the chicken with the sweetcorn 'ribs' and the slaw. Sprinkle over the remaining chilli. Serve the chilli and lime butter separately to melt over the potatoes and sweetcorn. Enjoy the sunshine and good company!

## Chef Usain's Winning Tips

Everything can be prepared in advance the day before your BBQ, marinate the chicken in the fridge overnight for more flavour, and keep the salad in the fridge until ready to serve.

Alternatively, cook the sweet potatoes in the oven. Preheat your oven to 220°C / 200°C fan / gas mark 7. Put the potatoes on a baking tray, cut side down (no need to wrap in foil) and cook on the middle shelf of the oven for 30–40 mins until tender. If the weather's not kind, cook the chicken and the sweetcorn on a griddle pan on the hob and bring the barbecue flavours indoors.

BBQ safely and enjoy the outdoors.

Make sure all chicken is cooked through until there is no pink. A meat thermometer is really useful, make sure the thickest part of the chicken reaches 76°C for 30 seconds.

Do not use the marinade for the raw chicken as a sauce.

Keep all perishable food in the fridge and don't leave food out for more than 2 hours, keep everything as cool as possible.