BBQ Chicken Strips



Serves	4
Prep time	1 hour, 10 minutes
Cook time	15 minutes
Total time	1 hour, 25 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch, Main Dish
Misc	Child Friendly, Freezable, Pre-preparable, Serve Cold, Serve Hot
Occasion	Barbecue

Ingredients

- Golden Marinade (refer to basics page)
- 600g chicken fillet (cut into strips, we prefer chicken tenderloins)

Directions

1. Add the chicken and marinade in a large container and mix to coat well. Store in the fridge for at least an hour before cooking, turning the chicken over at least once.
2. Cook on the BBQ and serve immediately. If Amines can’t be tolerated, be careful not to brown the meat too much.

Note

Low Chemical / Failsafe

Refer to basics page for Golden Marinade recipe.