



## *Julia's Cuisine*

**By:** Julia Pinney  
Appetizers, Snacks and Smaller Bites

**Webpage**  
<http://www.juliascuisine.com/>

# Spicy Barbecue Chicken Strips

Serves 4

### *Ingredients*

2 Chicken breast, cut into strips  
1 Cup/240 ml ketchup  
1/4 Cup/60 ml white wine vinegar  
2 tbsp *Worcestershire sauce*  
1/4 Onion, finely chopped  
2 tbsp brown sugar  
1 tbsp mustard  
2 to 3 garlic cloves, crushed  
1 small chilli, finely chopped  
Salt and pepper to taste

### *Method*

First make your marinade by adding all the ingredients (except the chicken) in a small saucepan set over a medium to low heat. Let simmer for about 10 minutes, stirring occasionally. Remove from heat.

Toss the chicken strips in a glass dish and pour marinade over and cover with aluminium foil. This can be done a few hours before cooking or even the day before. Put the chicken in the fridge to marinate.

Time to grill! I use a gas barbecue, but you can easily use charcoal or even bake these in the oven. If using a gas bbq, set it to a medium heat and let it heat up for a few minutes. Once hot, add the chicken strips and cook for about 6-7 minutes per side. Brush them with the remainder of the marinade. Once cooked, they should have a charred look to them and the chicken no longer pink.

Serve alongside salad and extra sauce for dipping.