

Sweet BBQ Rub

Ingredients

- 4 chicken breasts
- For the rub
 - 1 tbs lemon juice
 - 1 tbs paprika
 - 1 tbs honey
 - 1 tsp cracked black pepper
 - 1/2 tsp salt

Method

Combine all ingredients for the rub together. Pour over chicken breasts and massage into the meat; allow to marinate for 45 min; Heat oven to 200 degrees; cook chicken in hot oven for approx. 15 - 18 min.