



**Sovereign**<sup>™</sup>  
FULL OF GOODNESS

# Hot Prego Sauce

## Ingredients

- 1 whole chicken spatchcock
- For the marinade
  - 1 cup oil
  - 2 tbs fresh crushed garlic
  - 1 tbs chopped hot red chilli
  - 1 tbs oregano
  - 2 tbs brown sugar
  - 1 tbs tomato paste
  - 15 ml lemon juice

## Method

Combine all ingredients together well. Pour over chicken and allow to marinade overnight. Braai or bake in hot oven.