

Quick Peri-Peri Marinade

Ingredients

- 16 wings or 8 thighs

For the marinade

- 1/2 cup oil
- 1/2 cup lemon juice
- 3 tbl chilli flakes
- 1 tbl crushed garlic
- 1/2 cup water

Method

Combine all ingredients together well. Pour over chicken and allow to marinate for 1 hour. Grill in the oven or braai, basting with the marinade regularly.