

Smokey BBQ Sauce

Best for pan frying

Ingredients

- 4 x chicken breasts
- 1 tbls garlic
- 3 tbls brown sugar
- 1 tbls tomato paste
- 100 ml tomato sauce
- 2 tbls apple cider vinegar
- 1/2 tbls smoked paprika
- 1/4 tsp mustard powder
- 80 ml water
- salt and pepper

Method

Combine all ingredients for the marinade together. Cook over medium heat for 10 - 12 minutes until thickened. Cool and pour over chicken. Allow to marinate for 2 hours. Pan fry on medium heat for 4 -5 minutes each side.