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**Grilled Chicken Thighs** *(serves 4-6)*

*4-6 chicken thighs, bone in skin on*

*Chopped herbs (oregano, thyme, savoury, marjoram, parsley, chives ….)*

*Salt, Pepper*

*Olive oil*

*Zest and juice of 1 lemon*

* Preheat your oven to 400 F (optional). Preheat your grill to a medium heat.
* Season the chicken with salt and pepper.
* Combine the herbs, lemon juice and olive oil.
* Rub the marinade onto the chicken thighs.
* Turn the grill down to a low heat, then start to cook the chicken on the grill, flesh side down to start, turning occasionally until both sides are nicely browned but not burned. If you wish, you can finish the chicken over an indirect heat, by turning off one side of your barbecue then cooking the chicken with the lid down. Alternatively, place the chicken on a parchment lined baking tray and finish in your preheated oven for approximately 20 minutes, until fully cooked.
* Rest the chicken for 5 minutes before serving.
* Serve with couscous and tzatziki, pouring any juices over the chicken.

## Herbed Couscous Salad

*1 cups couscous*

*1 cups boiling water*

*juice of 1/2 a lemon, or to taste*

*2 tbsp extra virgin olive oil, or to taste*

*Handful parsley, chopped*

*Handful mint, chopped*

*Handful arugula leaves*

*pinch of cayenne*

*optional - 2 tsps preserved lemon skins, chopped (from MoJo JoJo Pickles)*

*optional - handful nuts, lightly toasted (pine nuts, slivered almonds, pistachios)*

*salt and pepper to taste*

* In a mixing bowl, use a fork to combine the couscous, boiling water, salt and lemon juice then cover with plastic wrap and set aside for 5 minutes until the water has been absorbed.
* Fluff with a fork, then stir in the herbs. Add more olive oil to your taste, and adjust the seasoning with seasoning with salt and lemon salt to taste.
* Just before serving, stir through the arugula and finish with the toasted nuts.

## Tzatziki

*500 g yogurt, we like using Greek yogurt*

*1 cucumber, grated*

*1 clove garlic, smashed*

*1 bunch dill, chopped*

*1 handful mint leaves, chopped (optional)*

*lemon juice to taste*

*salt to taste*

* Combine all of the ingredients, and adjust seasoning to taste.