



FINCH + FENNEL

BBQ Chicken Salad

COOK TIME: 30 Minutes

YIELDS: 5-8 Servings

INGREDIENTS:

2-3 Chicken Thighs (around 3 oz)
½ c F+F Sweet Heat Honey
Habanero BBQ Sauce
½ c F+F Sweet + Savory Bourbon
Grillin' Sauce
½ c Corn
½ c Watermelon
½ c Baby Tomatoes
½ c Feta
1 Avocado
2-3 Heads of Romaine Lettuce

DRESSING INGREDIENTS:

½ c F+F Sweet + Savory
Bourbon Grillin' Sauce
3 Tbsp Apple Cider Vinegar
1 tsp Worcestershire
1-3 Tbsp Honey
6 Tbsp Olive Oil

TOPPINGS:

Cilantro
Basil
Green onions



INSTRUCTIONS:

1. In a bowl, marinate chicken thighs in ½ cup of F+F Sweet Heat Honey Habanero BBQ Sauce & ½ cup of F+F Sweet + Savory Bourbon Grillin' Sauce. Set it aside & let it marinate in the refrigerator overnight, if possible, or for at least two hours.
2. On high heat, sauté the corn until it develops some color. Set aside & let it cool for the salad.
3. Cut the watermelon into bite-sized pieces. Chop up baby tomatoes, feta & avocado slices.
4. Chop up the lettuce & set it in a separate bowl from the other items.
5. Make the salad dressing by whisking together ½ cup F+F Sweet + Savory Bourbon Grillin' Sauce, apple cider vinegar, Worcestershire, honey & olive oil, until they are emulsified.
6. Grill the chicken or bake it in the oven at 375°F for 20-25 minutes, or until it reaches an internal temperature of 165°F. Let the chicken cool for 15 minutes before slicing.
7. Assemble the salad with all prepped items & toss it with salad dressing.

Enjoy!

