



## DB Yummers Island Chicken

### Ingredients

- 4 pounds boneless chicken thighs - skin removed.
- 2 cups DB Yummers Island BBQ
- ¼ cup Soy Sauce or Substitute Gluten free Tamari Sauce.
- Fresh Pineapple Slices -to serve as a side.
- Vegetable or Avocado oil – for the grill.
- Sliced green onions – for garnish.

### Instructions

1. In a medium mixing bowl, combine the DB Yummers Island BBQ and Soy sauce.
2. Pour the Marinade into a large resealable bag.
3. Reserve ½ cup of the marinade and store in the fridge for later (you will use this to brush the chicken).
4. Add the chicken to the marinade in the resealable bag, making sure it's all coated evenly. Seal the bag and marinate in the fridge for at least 4-6 hours or preferably overnight.
5. Remove the marinated chicken from the fridge and let it sit on the counter for about 20 minutes prior to grilling. Meanwhile, get a grill preheated and brush the grill grates with oil.
6. **Cook the chicken:** Grill chicken for 6 minutes on one side, then flip and cook for about 3 minutes. Baste the chicken with the reserved ½ cup of the marinade, then flip again and cook for another 1-2 minutes on each side at a time. Repeat until fully cooked through in the center. They should cook for about 15-16 minutes total. Remove from grill and let it rest for 10

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minutes. **Note:** *In order to avoid cross-contamination, only use the reserved marinade to brush the chicken.*

7. Grill the pineapple sliced on both sides until you get grill marks.
8. Serve the chicken with grilled pineapple and garnish with green onions. Enjoy!

## Notes

- For the best flavors, **marinate chicken for at least 4-6 hours or preferably overnight.** You can marinate it for up to 48 hours.
- **Prefer to bake instead of grilling?** Bake at 375 degrees for 30-35 minutes or until internal temperature reaches 165 degrees F. Then, brush with the reserved marinade and arrange pineapple slices on top, and broil for 2-3 minutes until caramelized.

## Substitutions and variations:

- **Chicken thighs:** chicken breasts, bone-in chicken thighs, drumsticks, etc. Note: cooking times may vary.