

## Tea-Smoked Chicken

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One to try out - can't remember where I got it from. I can now - it's from James Martin.

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### Planning

serves:	2
prep time:	10 mins
cooking time:	15 mins

### Ingredients

2 x 200g chicken breasts  
4 tsp olive oil  
50g soft dark brown sugar  
50g long grain rice  
10 tea bags, leaves  
reserved, bags  
discarded

### Method

In a small bowl mix together the sugar, rice and tea leaves. Line the base and sides of a large sauté pan or wok with foil. Sprinkle the tea mixture over the foil and cover with another layer of foil. Place a lid on the pan and the pan on the heat. When the tea mixture begins to smoke, remove the lid and place the chicken on top of the foil. Season the chicken and drizzle over the oil. Place the lid back on the pan and leave to smoke for 12-15 minutes or until the chicken is cooked through.

Using tongs, remove the chicken from the pan and place it on a clean board. Cut each chicken breast into slices on the diagonal.

James Martin serves this on a chorizo and artichoke pilaff.