



Honey Mustard Lemon Garlic Chicken (BBQ)

The Body Nurse – “You Can Grill It” Series

A bold, flavour-packed BBQ recipe with a touch of sweetness balanced by garlic, lemon, and mustard. Perfect for a **high-protein, low-carb meal**, outdoor cooking, or easy family dinners.



Ingredients

- 4–6 chicken thighs (or chicken tenders)
 - 2 tbsp wholegrain mustard
 - 1 tbsp honey (keep light for low-carb balance)
 - 2 cloves garlic, minced
 - Juice of ½ lemon
 - 1 tbsp olive oil
 - 1 tsp paprika
 - ½ tsp salt
 - ½ tsp pepper
-



Method



Cooking Instructions

BBQ / Grill (Best Option)

- Medium heat
- Cook 5–7 minutes each side
- Baste with leftover marinade while cooking
- Ensure internal temperature is cooked through

Alternative Cooking Options

- **Air Fryer:** 180°C, 12–15 min, flip halfway
 - **Oven:** 200°C, 20–25 min
-



Pro Tips (The Body Nurse Style)

- Chicken thighs = juicier on the BBQ
 - Don't overload honey — just enough for flavour
 - Lemon helps tenderize and balance sweetness
 - Let it rest 5 minutes after cooking for better juices
-



Flavour Variations

- Spicy honey mustard → add chilli flakes
 - Garlic lovers → double the garlic
 - Herb boost → add rosemary or thyme
-



Serving Ideas

- Side salad with olive oil dressing
 - Grilled zucchini or asparagus
 - Cauliflower mash
-

Serving Size

- Serves 2–3 as a main meal
- Serves 3–4 with sides (salad or veggies)

+ Want more servings?

- **Double the recipe** → Serves **4–6 (main)** or **6–8 (with sides)**
-

Nutritional Benefits

- High protein
 - Balanced fats
 - Lower carb (controlled honey use)
 - Great for fat loss while still enjoying flavour
-

The Body Nurse Note

You don't need to cut flavour to lose weight.
You just need to control it. Stay consistent. That's what gets results.
