

# Simple Grilled Chicken and Broccoli

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

### **Ingredients:**

- 5-6 boneless skinless chicken thighs (1 lb+)
- Ribs Within Chicken Rub, Ribs Within Wahoo Chicken Rub, Ribs Within BBQ Salt or your favorite rub
- small head of broccoli
- Your favorite BBQ sauce
- 2-4 skewers
- olive oil
- cooked rice

### **Method:**

1. I am assuming a 3 burner gas grill. Turn grill on, all burners high. Take chicken out of package and place
2. In a glass or metal bowl. Rub liberally with Rub-4-All and Wahoo Chicken Rub. Wash broccoli and cut
3. Into large pieces. Put broccoli on skewers. Coat with olive oil and dust with BBQ Salt.
4. Take chicken and broccoli to the grill. Turn one end burner to low and the middle to medium. Keep the 3rd burner on med/high. Place the chicken thighs on the hot grill area. Close the grill for 3 minutes. Open the grill to check for burning.
5. Flip the chicken and put the broccoli on the medium heat burner. Close the grill for 3 more minutes. Open the grill and turn the broccoli. Flip the chicken and paint the top with BBQ sauce. Flip the chicken to the low burner and paint the other side of the chicken.
6. Close the grill for 2 minutes. Open and flip the chicken and turn the broccoli. Close the grill for 2minutes.
7. Remove the chicken and place in a bowl and cover with tin foil. Remove broccoli when it is bright green.
8. Remove from skewer and place in a bowl and cover with tin foil.
9. Cut chicken into strips and toss into the liquid at the bottom of the bowl and a couple of shots of BBQ sauce. Mix in broccoli and serve over rice.
10. Total time 45 mins from fridge to table.