

# Asian Butterfly Quail

serves 4

## Ingredients:

4 x butterflied quail  
2 tbsp honey  
2 tbsp light soy sauce  
Olive oil  
2 tsp finger grated fresh ginger  
2 tsp sesame oil  
2 garlic cloves, crushed

## Method:

Marinate quail in honey, soy sauce, ginger, sesame oil, olive oil and garlic and refrigerate for two hours.

Remove from fridge while BBQ heats. Put quail skin down on hot BBQ plate for four minutes, until golden brown. Turn quail and grill for three minutes. Close the lid and cook on low for a further five minutes.

*Enjoy!*

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Created by award winning chef

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