

Hot and Herby BBQ rub

Hot and Herby BBQ rub is great with chicken, turkey, salmon, aubergine and other substantial vegetables.

Grind or blend together:

- 1 tbsp chopped [thyme](#)
- 1 tbsp chopped [rosemary](#)
- 1 chopped garlic clove
- ½ tsp smoked paprika
- ground black pepper
- 1 tbsp lemon juice
- enough olive oil to give a thin paste.

This is enough for 4 chicken thighs or the equivalent and will keep in the fridge for up to a week.