

Grilled Thai Seasoned Chicken



Sirve:

4 - 6 servings

Pieza:

Smokeless Broiler

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Boneless chicken thighs marinated in a fragrant mixture of Thai spices, fish sauce, garlic and seasonings become deliciously juicy and crispy when cooked on the Smokeless Broiler.

Saladmaster seasoning blends are *limited edition*.

1 ½ pounds
boneless chicken thighs, trimmed of excess fat
(680 g)
4 cloves garlic, shredded, use Cone #1
4 tablespoons
lime juice
(60 ml)
3 tablespoons
fish sauce
(45 ml)
3 tablespoons
brown sugar, organic preferred
(41 g)
1 tablespoon
Thai seasoning blend

- (9
g) $\frac{1}{4}$ cup
fresh cilantro, leaves and stems, chopped
- (4
g)

Preparación :

1. Trim chicken and place in a casserole dish.
2. Combine garlic, lime juice, fish sauce, brown sugar, seasoning blend and chopped cilantro in a bowl. Stir to combine.
3. Pour marinade over chicken and massage into chicken pieces to evenly coat. Marinate for at least 2 hours in the refrigerator. Turn chicken over in marinade several times during marinating.
4. Pour 1 quart in bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
5. Plug in cord to electrical outlet and preheat for about 5 minutes.
6. Remove chicken from marinade and place on grill rack. Cook chicken for 10 - 12 minutes on each side until browned and cooked through. Baste chicken with extra marinade while cooking.
7. Place cooked chicken on serving platter and keep warm until serving.
8. Garnish with lime wedges and extra chopped cilantro.

Consejos:

- Serve with steamed basmati rice, rice noodles or long grain brown rice.

Información nutricional por ración

Based on 4 servings

Calorías: 259

Grasa Total: 7g

Grasa 2g

Saturada:

Colesterol: 160mg

Sodio: 1227mg

Carbohidratos: 13g

Fibra 0g

Dietética:

Azúcar: 11g

Proteína: 35g