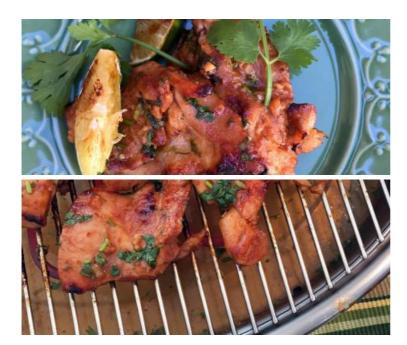
#### **Grilled Thai Seasoned Chicken**



#### Makes:

4 - 6 servings

## **Utensil:**

**Smokeless Broiler** 

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Recipe:

## Contributed By:

Cathy Vogt Certified Health Coach Write a Review

### **Recipe Description:**

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
```

1

# Thai seasoning blend (9 g) 1/4 cup fresh cilantro, leaves and stems, chopped (4 g)

### **Directions:**

- 1. Trim chicken and place in a casserole dish.
- Combine garlic, lime juice, fish sauce, brown sugar, seasoning blend and chopped cilantro in a bowl. Stir to combine
- 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.
- 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.

## Tips:

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

## Nutritional Information per

▼Serving

Based on 4 servings
Calories: 259
Total Fat: 7g
Saturated Fat: 2g
Cholesterol: 160mg
Sodium: 1227mg
Total 13g

Carbs:

Dietary Fiber: 0g Sugar: 11g Protein: 35g