

BBQ or Grilled Chimichurri Chicken



Prep Time:

10 minutes



Total Time:

26 minutes



Serves:

Serves 4 - 5
People

About the Recipe

This Grilled Chimichurri Chicken is a flavourful and healthy dish that incorporates the Chimichurri Spice Blend. The blend adds a unique taste to the chicken, making it a perfect meal for a family dinner or a weekend barbecue.



METHOD

1. In a small bowl, mix the Chimichurri Spice Blend, olive oil, red wine vinegar to create a marinade.
2. Place the chicken breasts in a shallow dish and pour the marinade over them. Make sure each piece is well-coated with the marinade.
3. Cover the dish with plastic wrap and refrigerate for at least 2 hours, or overnight for better flavour.
4. Preheat your grill to medium-high heat. Remove the chicken from the marinade and discard any excess marinade.
5. Grill the chicken for 6 to 8 minutes on each side, or until cooked through and the internal temperature reaches 75°C (165°F).
6. Remove the chicken from the grill and let it rest for a few minutes before serving. Garnish with fresh parsley, if desired.

INGREDIENTS

- 4 to 5 boneless, skinless chicken breasts
- 2 tsp Chimichurri Spice Blend
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- Fresh parsley, for garnish (optional)