



Grilled Thai Chicken

- 1 Mix Marinade ingredients in a small bowl. Transfer to a 1-gallon zip lock bag.
- 2 Put chicken in the ziplock bag and massage to spread the marinade over all the chicken. Marinate for a minimum of 3 hours, preferably overnight (up to 24 hours).
- 3 Remove chicken from the Marinade and discard the Marinade.
- 4 Heat the outdoor grill on medium high. Or heat ½ tbsp oil in a non stick pan over medium high heat on the stove.
- 5 Oil the grill. Place chicken on the grill and cook until chicken is deep brown and internal temperature is 160 degrees, around 3 minutes each side.
- 6 Rest for a few minutes before serving or refrigerate and serve cold.

INGREDIENTS

2 lbs Chicken thigh (skinless, boneless), excess fat removed

MARINADE

1 Tbsp Lemon zest or 1 large lemongrass stalk, white part only, very finely chopped (about 2 tbsp)

6 cloves of garlic, minced

2 Tbsp Lime juice

2 Tsp Red chili, finely chopped (optional but recommended)

3 Tbsp Fish sauce

2 Tbsp Chinese cooking wine, sherry or sake

1/4 Cup Honey

1/2 Tbsp Pepper