



## **Marinated Grilled Chicken**

This recipe is very tasty and really easy. You will have to allow at least 30 minutes for the marinating. I used 4 chicken breasts because I wanted to use the left overs for lunch the next day. So, if you only want dinner you will only need 2 breasts.

Here is what you are going to need for this recipe:

- 4 chicken skinless, boneless chicken breasts
- 1 cup white wine
- 3/4 cup olive oil
- 1 teaspoon ground garlic
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons salt
- 1 teaspoon ground black pepper

Whisk the wine, oil, garlic, coriander, cumin, salt and pepper in a large bowl.

Rinse and pat dry the chicken breasts. Using a very sharp knife cut the breast into 8 to 10 thin fillets. Place the chicken in the bowl and mix well, making sure it is completely covered in the marinade.

Marinate for at least 30 minutes.

Heat your grill on high for 20 minutes. Oil the grills with a wad of paper towel drenched in olive oil. Lower the heat and place the chicken on the grill. Cook for 5 minutes, until the chicken has grill marks and flip. Cook for another 5 minutes and remove from grill. Serve and enjoy!

Make chicken sandwiches with the left over chicken for lunch tomorrow! Toast some wheat bread and smear with some mayonnaise and mustard. Place some lettuce leaves on one side. Top with a tomato slice and the chicken. Place some sliced red onion on top of the chicken and some pickle spears. Cover with the other slice of bread. Delicious!

