

# 5 INGREDIENT CILANTRO CHICKEN

## INGREDIENTS

**2 1/2 lb** Chicken (thighs) (boneless) (skinless) (fat trimmed)

## MARINADE INGREDIENTS

**1/4 C** Olive oil (extra-virgin)

**1/4 C** Garlic (minced)

**1/2 bunch** Cilantro (fresh) (a big handful)

**3/4 - 1 C** Sweet chili sauce



## DIRECTIONS

- 1 Place chicken in a large zip baggie.
- 2 Put olive oil, garlic & cilantro in a food processor & process until mix is combined & smooth
- 3 Place the marinade into the bag with the chicken
- 4 Press the air out of the bag & zip it closed
- 5 Knead the marinade into the chicken until it is evenly distributed
- 6 Marinate overnight **OR** all day long
- 7 Remove chicken from the bag & broil 4 - 5 minutes on the first side.
- 8 Turn the chicken over & grill an additional 3 to 4 minutes, or until the chicken is cooked through
- 9 Remove the chicken & baste both sides with the chili sauce
- 10 Turn your oven down to 375 F
- 11 When it reaches that temperature, bake for 5 minutes

## NOTE

Serves 6

