



## Grilled Chicken Breast\*

Serving: 1

Veg

### *Ingredients*

- -250gm Chicken Breast
- - $\frac{1}{4}$ th cup Freshly chopped Coriander/Cilantro leaves
- -Some freshly chopped Mint leaves
- -1tsp Black pepper powder
- -1tbsp Olive Oil
- -1tsp Lime Juice
- -1 clove of Garlic
- -Green Chilies optional
- -Salt to taste

### *Preparation Method*

- 1. Wash the chicken breast and poke it all over with a fork.
- 2. Take out the ingredients, Chop the coriander and mint and keep them ready.
- 3. Put the fresh ingredients in the blender and make a paste, with the olive oil.
- 4. Now apply this paste to the breast piece with your hands. Allow it to sit overnight or at least four to five hours.
- 5. When you are ready to eat it, just put it in the grill pan, cover it and cook for ten to fifteen minutes.
- 6. Check if it is cooked till the middle and switch off the gas. It should get a nice golden color on the outside.
- 7. Allow the meat to rest for some time, before you slice it