

CORIANDER & LIME CHICKEN

Ingredients

- 1 tbs oil
- 2 tsp MA's Garlic Paste
- 1/2 tsp cumin
- 1/2 tsp salt
- 1 lime, zest and juice
- 1 tsp MA's Kitchen BBQ Seasoning
- ¼ cup chopped fresh coriander
- 4 boneless and skinless chicken thighs
or 2 large breasts

You get lime zest when you grate/remove the very outside of the lime. Don't take the white layer (pith) as it is too bitter.



Preparation time
10 min.



Cook time
10 min.



Serves
4 Persons



Marinate time
30 min.



Parental supervision required for
cooking and cutting with a knife.

1



Mix the garlic paste, cumin, coriander, lime zest, lime juice and chicken. Place in a sealed container and place in the refrigerator to marinate for 30 minutes.

2



Heat oil in a pan.

3



Once hot, add the chicken.

4



Cook the chicken for at least 6 minutes.

5



Flip the chicken and continue until fully cooked.

6



Slice and serve with tomato rice, guacamole and a wedge of lime.



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