

Grilled Portuguese Chicken Marinade



This recipe for grilled Portuguese chicken marinade has a wonderful flavor combination of chilies, lemon juice, ginger, garlic and fresh oregano. The marinade is easy to throw together and can be used on any cut of chicken or fish then grilled either on a barbeque or in a grill pan.

Serve grilled Portuguese chicken with guacamole or sour cream.

Serves 4

Ingredients

1 Pound (500g) Chicken Breast or Thigh Fillets

Marinade

2 Tbsp. Lemon Juice

1 Tbsp. Chopped Red Chillies or Sambal Olek (Chili Paste)

1 Clove Garlic Minced

1 Tsp. Grated Fresh Ginger

1 Tbsp. Chopped Fresh Oregano or 1 Tsp. Dried Oregano

1 Tbsp. Olive Oil

Method

First make the marinade by placing all the marinade ingredients in a medium bowl then stir to combine.

Cut large chicken breast into 3 or 4 pieces to reduce the cooking time. Place in the marinade then massage the marinade all over the chicken. Cover the bowl then leave in the fridge for at least 30 minutes. The longer you can leave it the better.

Heat a grill pan or barbeque over medium high heat. Grease with non-stick spray or a little oil. Once up to heat place the chicken in a single layer then cook for 5 to 7 minutes on each side until cooked through and no longer pink inside.

Tip

Be sure to wash your hands after handling the chili as it can really sting if it gets in your eyes. Alternatively, wear plastic gloves which can be washed off and reused.