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Here's a 20-minute recipe for juicy chicken topped with an Argentina-inspired sauce. Serve with a side salad or microwave fresh or frozen green beans for a quick side dish.

Grilled Chicken with Chimichurri Sauce

Serves 4

4 boneless, skinless chicken breast halves (about 5 oz ea)
6 Tbsp rice bran oil (or other high-heat oil), divided
1 tsp ground cumin
¾ c packed Italian flat-leaf parsley (leaves/small stems only)
1 Tbsp fresh oregano, chopped (or 1 tsp dried)
1 Tbsp apple cider vinegar
2 cloves garlic, peeled and crushed
¼ tsp crushed red pepper, or to taste
Juice and zest of one lemon
Kosher salt and pepper

1. Preheat BBQ or grill pan over medium heat. Brush both sides of the chicken pieces with about 1 Tbsp of the rice bran oil and sprinkle with the cumin and some salt and pepper.
2. Cook for 12 to 15 minutes or until no longer pink, turning once halfway through cooking time. Be sure that the chicken is sizzling on the grill; reduce heat if it starts to smoke or flare up. Internal temperature target: 161°F-165°F.
3. Meanwhile, combine parsley, vinegar, oregano, garlic and remaining oil in the bowl of a small food processor. Process until nearly smooth (adding a little water or more oil if needed to reach desired consistency) then transfer to a bowl. Stir lemon juice and taste; add salt and pepper as desired.
4. Let chicken rest for 5 minutes before slicing/serving. Nap the chicken pieces with the chimichurri sauce and sprinkle lemon zest over each piece for serving.

Leftover suggestion: chop one leftover chicken breast and scatter pieces over a plate of greens, cherry tomatoes, slices of avocado and pieces of one hard-cooked egg. Mix leftover chimichurri sauce with 1 to 2 Tbsp mayonnaise and 1 to 2 Tbsp plain Greek yogurt and use as a dressing for the entrée salad.

Shopping List:

4 small chicken breast halves, boneless, skinless
1 bunch flat-leaf parsley
Fresh oregano (or used dried oregano from your pantry)
1 lemon
Veggies for side salad or side dish, e.g. ¾ lb fresh or frozen green beans

Pantry essentials: rice bran oil (available at Pans on Fire), fresh garlic cloves, crushed red pepper, apple cider vinegar, dried oregano (if not using fresh), ground cumin, kosher salt, black pepper.

Equipment: grill pan or BBQ, thermometer, zester, juicer, easy prep food processor, cutting board and chef's knife, mixing bowl, whisk