

CHIMICHURRI CHICKEN

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COOK TIME: 40mins

SERVES: 4

CALORIES: 439 kcal (PER SERVING)

INGREDIENTS

*CHIMICHURRI SAUCE

- ¼ cup/15 g finely chopped parsley
- 5 tbsp/5 g finely chopped cilantro with stems
- 1 tbsp chopped oregano leaves
- 4 small garlic cloves, minced
- 1 small red onion, finely chopped
- 1 large or 2 small red chili peppers, deseeded and finely chopped
- ½ tsp each: salt, black pepper, sugar
- 2 tbsp red wine vinegar, or white wine vinegar
- ½ cup olive oil

*CHICKEN

- 4 chicken breast fillets
- ½ tsp each: salt, black pepper, sweet paprika, dried oregano, garlic powder
- 1 tbsp olive oil
- 1 tbsp unsalted butter

DIRECTIONS

For the chimichurri. Chop all the ingredients and combine in a bowl. Stir well and set aside.

Season both sides of the chicken fillets with salt, black pepper, sweet paprika, dried oregano and garlic powder. Add 4 tbsp chimichurri and coat the chicken. Let marinate for 15 minutes, if time allows.

Heat oil and butter in a large nonstick skillet. Add chicken and cook 5-8 minutes per side or until cooked through. The cooking time depends on the size of your chicken breasts. You can slice larger fillets horizontally lengthwise and reduce the cooking time by half.

Serve chicken spooned with 4 tablespoons chimichurri, keep the extra to serve alongside the chicken in a dip bowl. Enjoy with some crusty bread and a salad.

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