



Thai Grilled Chicken

Ingredients:

- 2 tablespoons white peppercorns
- 1 tablespoon coriander seeds
- 1 cup minced fresh cilantro stems (optional)
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons vegetable oil
- 1 teaspoon kosher or sea salt
- 10 garlic cloves, minced
- 2 chicken breast halves (about 1 1/2 pounds)
- 2 chicken leg quarters (about 1 1/2 pounds)
- Cooking spray

Makes: 4 servings.

Prep Time: 3 to 8 hours

Cook Time: 15 minutes



DROP, SWAP AND GO™

Visit bluerhino.com for grilling recipes and Rhino locations near you

FOLD HERE



Thai Grilled Chicken

Directions:

1. Preheat grill to medium.
2. Place peppercorns and coriander seeds in a large skillet over medium-high heat; cook 1 minute or until toasted.
3. Place peppercorns and coriander seeds in a spice or coffee grinder; process until finely ground.
4. Combine the pepper mixture, cilantro (if desired), and next 4 ingredients (cilantro through garlic).
5. Loosen skin from chicken breasts and thighs by inserting fingers, gently pushing between skin and meat.
6. Rub the seasoning mixture under loosened chicken skin.
7. Seal and marinate in refrigerator 3 to 8 hours.
8. Remove chicken from bag; discard marinade.
9. Place chicken on grill rack coated with cooking spray; grill 8 minutes on each side or until chicken is done.
10. Discard skin.

Makes: 4 servings.

Prep Time: 3 to 8 hours

Cook Time: 15 minutes



DROP, SWAP AND GO™

Visit bluerhino.com for grilling recipes and Rhino locations near you

Recipe and photo courtesy COOKING LIGHT magazine.