

Peruvian-style Grilled Chicken with Inca Salad

INGREDIENTS

Peruvian-style Grilled Chicken:

1kg boneless, skinless chicken thighs
3tbsp (45ml) low sodium soy sauce
¼ cup (60ml) lime juice
3 cloves of garlic (minced)
2tsp (10ml) ground cumin
1tsp (5ml) ground paprika

Whisk marinade together in medium sized bowl by combining soy sauce, lime juice, garlic, cumin and paprika.

Place chicken thighs in glass bowl or resealable plastic bag and pour marinade over. On outside of the bag, massage marinade into the chicken. Marinate in the fridge for at least 3 hours or preferably overnight.

Preheat grill to medium-high.

Grill over medium heat, turning once, until fully cooked and browned – about 20 minutes or until chicken reaches an internal temperature of 165F (74C).

Inca Salad:

1 cup (250ml) quinoa
1 pepper (seeded and chopped)
1 tomato (chopped)
1 small cucumber (chopped)
¼ Cup (60ml) fresh mint (minced)
¼ cup (60ml) lime juice
2tbsp (30ml) olive oil
1/2 tsp (2.5ml) black pepper (ground)

Cook quinoa according to package directions in unsalted water. Toss with the tomato, cucumber, fresh mint, olive oil, lime and pepper.