

# Cumin Rubbed Grilled Chicken with Chimichurri Sauce

**Serving size:** 4oz chicken breast + sauce; makes 5 servings

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Total time:** 25 minutes

## Ingredients

### *Chimichurri Sauce*

- ¼ cup chopped red onion
- 3 cloves garlic, minced
- 3 Tbsp red wine vinegar
- 2 Tbsp fresh lemon juice
- ¼ tsp salt, or to taste
- 1 ½ cups packed fresh parsley
- ½ cups packed fresh cilantro
- 3 Tbsp packed fresh oregano
- ¼ tsp red pepper flakes
- ½ cup olive oil

### *Chicken*

- 5 (4 oz) boneless, skinless chicken breasts
- 1 ¼ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp salt
- ½ tsp freshly ground black pepper
- 1 Tbsp olive oil



## Preparation

1. For the sauce chimichurri: Add red onion, garlic, red wine vinegar, lemon juice and salt to a food processor. Pulse, stopping and scraping down sides occasionally, until finely minced. Add in parsley, cilantro, oregano and red pepper flakes, then pour in olive oil while pulsing several times until herb leaves are finely minced (do not puree). Transfer to a bowl, cover and chill until ready to serve.
2. For the chicken: Preheat a grill to 425 degrees over medium-high heat. In small mixing bowl whisk together cumin, coriander, salt and pepper.
3. Pound chicken to an even thickness using the flat side of a meat mallet then brush both sides lightly with olive oil. Sprinkle and rub both sides evenly with cumin mixture.
4. Transfer to clean grill grates and grill until center of chicken registers 165 on an instant read thermometer, (about 4 minutes per side). Serve warm with about 1-2oz of chimichurri sauce. *You may have left over chimichurri sauce to save or later use.*

**Nutritional Information**

**Per serving**

Calories: 224  
Total Fat: 12g  
Saturated Fat: 2g  
Cholesterol: 65g  
Total Carbohydrate: 1g  
Dietary Fiber: 0g  
Sugar: 0g  
Protein: 26g  
Sodium: 192mg  
Potassium: 320mg

Adjusted from: <http://www.cookingclassy.com/>