

RECIPE OF THE WEEK: PALEO EDITION

Grilled “Tandoori” Chicken

Appeared in AST Newsletter 8.17.12

Ingredients:

3lbs of boneless, skinless chicken breast or thighs (or beef or lamb)
½ cup coconut milk
2 Tbsp lemon juice
1 ½ teaspoons ground ginger
1 Tbsp ground cumin
1 tsp ground coriander
½ tsp cayenne pepper
¼ tsp ground cardamom
½ tsp ground cloves
½ tsp ground black pepper
½ tsp salt

Instructions:

1. Mix all of the ingredients except the chicken in a bowl. Place the chicken in a bag. Pour the marinade and place in the fridge. Let marinade overnight
2. When you're ready to eat, heat gas grill on high, then cook chicken, covered, 5 mins per side.

Makes lots for leftovers

Options: Serve with Curry Fried “Rice”

Compliments of Melissa Jouliwan of theclothesmakethegirl.com

