



# Chili lime chicken fillets

15'  
Hands on

120"  
Hands off

35'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Ingredients

For the chicken fillets

- 1.000 g chicken thigh fillet, boneless with skin on

For the chili lime marinade

- lime juice, of 3 limes
- 3 teaspoon(s) lime zest
- 50 g olive oil
- 4 tablespoon(s) coriander, fresh, finely chopped
- 2 chili peppers, finely chopped
- 4 clove(s) of garlic
- 1 tablespoon(s) honey
- salt
- 1/4 teaspoon(s) chili flakes

To serve

- corns

## Method

- Combine all of the ingredients for the marinade in a [bowl](#).
- Add the chicken fillets, mix to coat, refrigerate and allow to marinate for at least 2 hours or overnight.
- Cook on the grill. The time they will need to cook will depend on the size of the pieces of chicken and on how hot your fire is as well as whether or not the grill has a lid.
- It is best to brush your grill rack with some oil before placing the chicken on it so that it won't burn.
- When ready, serve immediately.
- You can also roast them in the oven. Preheat oven to 200\* C (390\* F) Fan and roast for 20-25 minutes.
- Brush the cobs of corn with some olive oil and roast them in the oven also, for 10 minutes.
- When ready, serve them with the chicken.

## Διατροφικός πίνακας

Nutrition information per portion

208 Calories (kcal)	4.2 Total Fat (g)	0.9 Saturated Fat (g)	3.7 Total Carbs (g)
10%	6%	5%	1%
3.4 Sugars (g)	38.0 Protein (g)	0.5 Fibre (g)	1.1 Sodium (g)
4%	76%	0%	18%