

ORANGE GRILLED CHICKEN



SERVING SIZE

5



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breast	1½ Lbs.	Walden Farms Orange Spread, chopped	½ Cup
Fennel Bulbs	8	Worcestershire Sauce	1 Tbsp.
Garlic Cloves, minced	3	Olive Oil	2 Tbsp.
Orange Peel, grated	2 Tsp.	Cider Vinegar	3 Tbsp.
Thyme, finely chopped	1 Tsp.	Sea Salt	1 Tsp.
Rosemary, finely chopped	1 Tsp.	Black Pepper	½ Tsp.



PREPARATION

- In a bowl, mix together the garlic, orange peel, thyme, rosemary, orange spread, Worcestershire sauce, olive oil, cider vinegar, sea salt, and pepper.
- Pour the marinade over the chicken breasts in a shallow dish or bag.
- Toss to coat and let marinate for at least 30 minutes (or overnight for best flavor).
- Preheat grill or grill pan to medium-high heat.
- Trim and halve the fennel bulbs lengthwise. Brush with olive oil and season lightly with salt and pepper.
- Grill chicken for 5-7 minutes per side or until fully cooked through and internal temperature reaches 165°F (75°C).
- Grill fennel alongside the chicken for about 4-5 minutes per side until tender and charred.
- Serve and enjoy!