

GINGER LIME CHICKEN



SERVING SIZE

5



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breasts	1½ Lbs.	Lime Zest	1 Tsp.
Low-sodium Soy Sauce	¼ Cup	Fresh Ginger, Grated	1 Tsp.
Fresh Lime Juice	2 Tbsp.	Chili Flakes (Extra For Garnish)	1 Pinch
Toasted Sesame Oil	2 Tsp.	Fresh Cilantro, Chopped (Optional, For Garnish)	1 Tbsp.



PREPARATION

- In a bowl, whisk together soy sauce, lime juice, sesame oil, lime zest, ginger, and chili flakes to make the marinade.
- Place chicken breasts in a shallow dish or zip-top bag.
- Pour marinade over the chicken and let it sit for 15-20 minutes.
- Heat a non-stick skillet over medium heat.
- Add chicken and cook 5-7 minutes per side, or until fully cooked and golden.
- Pour any remaining marinade into the pan during the last 2 minutes of cooking to glaze the chicken.
- Remove from heat and garnish with extra chili flakes and fresh cilantro if desired. Enjoy!