

HERB & DIJON GRILLED CHICKEN

Yield: 6 Servings



TOTAL TIME: 7 hours 15 minutes

INGREDIENTS

- 2 cloves peeled garlic, chopped
- 3 peeled shallots, chopped
- 1 bunch flat leaf parsley, chopped
- 2 Tbsp. Herb de Provence
- 4 Tbsp. Dijon mustard
- Zest of one lemon
- ½ cup extra virgin olive oil
- Sea salt and fresh ground pepper to taste
- 3 chicken breasts, quartered
- 3 leg and thigh chicken quarters, trimmed

PREPARATION

6 hours to one day before serving:

1. Make marinade paste: Add garlic, shallots and half the parsley to food processor. Pulse mixture to blend; add remaining parsley and Herb de Provence. Pulse. Add mustard; blend until well mixed. While food processor is running, slowly add olive oil until mixture gets pasty. Season to taste with salt and pepper; add lemon zest. Paste should be shiny and coarse-textured.
2. Brush paste on chicken parts, coating well. Cover; chill 6 hours or overnight.

Day of meal:

1. Preheat grill on high for 10 min. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Sear chicken on grill until it has changed color one-quarter of way up from bottom, 2–3 min. Turn and sear other side, 2–3 min. Reduce heat to medium; close lid.
3. Cook chicken 45 min. or until 165 degrees internal temp is reached. Check by inserting thermometer halfway into the thickest part of the chicken away from the bone.
4. Transfer to clean platter; season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 490; Fat: 36 g (9 g saturated fat); Cholesterol: 160 mg; Carbohydrates: 2 g; Fiber 0 g; Protein: 40 g; Sodium: 320 mg.

Recipe courtesy of Wegmans