

Inexpensive Eating

Chicken with Chimichurri Sauce

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2 boneless skinless chicken breasts, halved
½ C cilantro leaves
½ C parsley leaves
2 t dried oregano
½ t red pepper flakes

1 clove garlic
½ C red wine vinegar
¼ C olive oil
Salt & pepper to taste

Pound each chicken breast piece between two pieces of plastic wrap. Place chicken in a zip top bag.

In the bowl of a food processor, combine cilantro, parsley, oregano, red pepper flakes, garlic, and red wine. Pulse until finely chopped. Drizzle olive oil to form sauce. Salt and pepper to taste.

Place half of chimichurri in plastic bag with chicken, set the rest aside. Ensure chicken is thoroughly coated. Marinate chicken in the refrigerator for 30 minutes, or up to 2 hours.

Preheat grill pan over medium high heat. Grill chicken breast 3-4 minutes per side, until chicken is cooked through. Serve with reserved chimichurri sauce.

Serves 4

