

Fragrant Grilled Chicken Recipe

Ingredients:

450 g boneless chicken breast portions, with the skin on
2 tablespoons sesame oil
2 garlic cloves, crushed
2 coriander (cilantro) roots, finely chopped
2 tablespoons Thai fish sauce
1 teaspoon sugar
Cooked rice, to serve
lime (calamansi) wedges, to garnish

For the sauce:

6 tablespoons rice vinegar
4 tablespoons sugar
½ teaspoon salt or fish sauce
2 garlic cloves, crushed
1 small fresh red chili, seeded and finely chopped
115 g fresh coriander (cilantro), finely chopped

Method:

Lay the chicken breast portions between two sheets of clear film (plastic wrap), baking parchment or foil and beat with the side of a rolling pin or the flat side of a meat tenderizer until the meat is about half its original thickness. Place in a large, shallow dish or bowl. Mix together the sesame oil, garlic, coriander roots, red chilies, fish sauce and sugar in a jug (pitcher), stirring until the sugar has dissolved. Pour the mixture over the chicken and turn to coat. Cover with clear film and set aside to marinate in a cool place for at least 20 minutes. Meanwhile, make the sauce. Heat the vinegar in a small pan, add the sugar and stir until dissolved. Add the salt and stir until the mixture begins to thicken. Add the remaining sauce ingredients, stir well, then spoon the sauce into a serving bowl. Preheat the grill (broiler) and cook the chicken for 5 minutes. Turn and baste with the marinade, then cook for 5 minutes more, or until cooked through and golden. Serve with rice and the sauce, garnished with lime (calamansi) wedges.