

Piri-Piri chicken thighs, chickpea and Sherry vinegar salad

Recipe for 2

Description

Chicken thighs in a spicy portugese marinade.

Note

You can use chicken wings

Ingredients

For the chicken thighs

- 4 Unit(s) Boneless chicken thigh
- 3 Clove(s) Garlic
- 1 Leaf(ves) Bay leaf
- 2 Sprig(s) Thyme
- 1 Unit(s) Lemon
- 1 Unit(s) Bird's eye chili
- 25 Ml Olive oil
- 100 Ml White wine
- 1 Small Yellow oignon
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- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Before the class

Ingredients

Drain the chick peas and rince under cold water

Equipment list

Chef knife, paring knife
Cutting board
Clean kitchen towels
Spoons and forks
Kitchen tongs
Colander
Bowls
Baking tray
Citrus juicer
Whisk

Chick pea salad

- 1 Unit(s) Chickpea box 398 ml
- 1 Tsp Cumin powder
- 1 Tsp Dijon mustard
- 1 Tbsp Xérès vinegar
- 3 Sprig(s) Fresh cilantro
- 1 Dash Olive oil
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- Salt and pepper
- Olive oil

For the preparation - To do with the chef

Smash the garlic cloves, cut the chili in half, mince the onion. Put the chicken in a bowl, with the onion, the garlic, the tyme, the bay leaves and the olive oil. Mix it really well. Add the chili, squeeze the lemon on the top and leave the half lemons in the marinade, pour the white wine on the top and let it seat 45 minutes in the fridge.

Remove cilantro leaves from the stem

For the chicken

Warm the grill real hot. Remove the chicken leggs from the marinade, put it on a baking tray and season it on both sides. Mark the chicken on the grill 2 minutes on each sides, and put it on the upper grill 5 to 6 minutes to finish the cooking.

Chick pea salad

In a bowl, mix together mustard and vinegar with few cilantro leaves and cumin. Add a dash of olive oil and season with salt and pepper.

Bon appétit!