

Frango churrasco |

Recipe for 4 servings

Description

A tasty recipe for chicken marinated in garlic and lemon, then grilled.

Note

This recipe is ideally cooked over charcoal, but feel free to use another cooking method.

Ingredients

Frango churrasco

- 600 Gr Boneless chicken thigh
- 1 Unit(s) Lemon
- 2 Clove(s) Garlic

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **grill** at **500 F°**
- Resting time **30 mins**

Frango churrasco

Squeeze and zest the lemon. Peel and finely chop the garlic cloves.

Rinse chicken thighs in cold water and dry. Cut the chicken into large cubes and place in a large resealable bag with the lemon juice and zest. Add the olive oil, garlic, salt and pepper to the bag. Seal the bag and toss to coat the chicken thighs. Place in the fridge to marinate for at least 30 minutes and up to 3 hours.

Remove the chicken thighs from the bag. Then, using skewers, pierce each piece of chicken near the center and place all the chicken cubes on each skewer. Cook on the grill, placing the skewers about 12 inches from the charcoal. Turn skewers every 2 to 3 minutes. Cook until the skin turns golden brown. Use a small knife to check for doneness (80°C). Then move the skewers to a baking sheet and leave to rest for 2-3 minutes. Using tongs, remove the meat from the skewer and place on a serving platter.

Bon appétit!