

BIG BATCH GARLIC LIME CHICKEN

Enough for 3 meals for 4 people

2/3 cup	soy sauce
1/2 cup	lime juice
2 Tbsp	Worcestershire sauce
1 tsp	mustard powder
4	cloves garlic, minced
1 tsp	pepper
12	boneless, skinless chicken breasts
3	large re-sealable plastic bags

Combine the first six ingredients. Put 4 chicken breasts each into each re-sealable bag. Pour 1/3 of the marinade into each bag. Squeeze the air out of the bags and seal them. Toss a couple of times to make sure the marinade has touched all of the chicken. Lay the bags flat on a baking sheet, so the chicken is in a single layer again, and freeze.

Thaw in the fridge overnight or for an hour or so in cold water. Remove chicken from the bag. Throw out the bag and marinade.

Preheat grill to medium then turn down heat to medium low. Place chicken on a grill and cook, covered, over medium low heat for 6 - 8 minutes per side, or until a thermometer inserted into the chicken reads 170°F.

This chicken is also delicious served cold and thinly sliced over mixed greens tossed with lime vinaigrette.



Courtesy of Manitoba Chicken Producers

www.chicken.mb.ca