

CITRUS GRILLED CHICKEN

TIGER
X**LIFE**
— GOURMET —

Try this blend on
grilled shrimp, fish,
& veggies!



CITRUS GRILLED CHICKEN

20
minutes
PREP
TIME

15
minutes
COOK
TIME

4
TOTAL
SERVINGS

INGREDIENTS

Chicken

2T Citrus Grilled Chicken seasoning

2 lbs boneless chicken breasts
Wooden skewers

Citrus Vinaigrette

1 lime, juiced
1 orange, juiced
½ cup cilantro, chopped
1 tsp dijon mustard
1 tsp garlic, minced
½ tsp honey
½ tsp kosher salt
¼ cup olive oil

INSTRUCTIONS

Soak wooden skewers in water for 20 minutes prior to cooking to avoid burning on the grill.

Dice chicken breasts into 1 ½ inch chunks and season generously with 3T Citrus Grilled Chicken seasoning.

Skewer the chicken, evenly divided between 6-8 skewers.

Heat griddle pan to medium-high heat and drizzle with cooking oil.

Grill skewers for 4 minutes on each side, or until the internal temperature reaches 165 degrees.

Meanwhile, combine all citrus vinaigrette ingredients except olive oil in a bowl. Drizzle in olive oil and whisk swiftly to combine.

Remove chicken skewers from heat and top with vinaigrette.

Suggested Sides: wild rice pilaf, pasta salad, cucumber & tomato salad

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