

Coriander Lemon Chicken Marinade

Serve with Bella's North Indian Tomato Sauce and Sautéed Kale/ Spinach

1 tablespoon coriander seed
2 tablespoon cumin seed
zest of 1 large lemon
juice of 1 large lemon
2 teaspoon salt

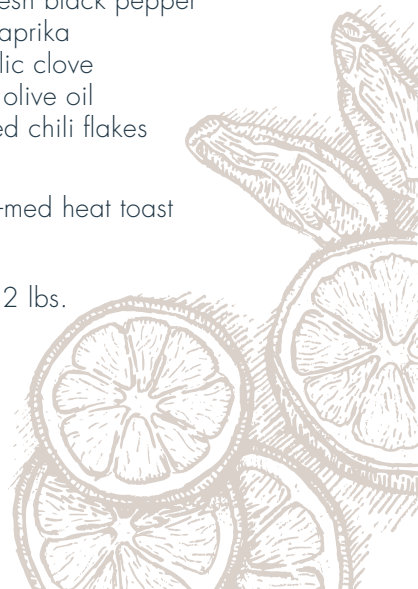
1 teaspoon fresh black pepper
1 teaspoon paprika
3 minced garlic clove
4 tablespoon olive oil
1 teaspoon red chili flakes

Combine coriander and cumin seeds in frying pan; on low-med heat toast seeds until aromatic and toasted.

Combine all ingredients in a large mixing bowl; submerge 2 lbs. of Chicken breast in marinade. Let chicken marinade for at least 1 hour in the refrigerator.

Grill chicken over open flame or cast iron griddle for best results.

Finish fresh lemon juice and season with salt to taste.





WORK SHARP[®]
C U L I N A R Y

RECIPES BY CHEF BELLA SANGAR

