HOW TO COOK CHICKEN RECIPES / BATCH 23 · RECIPE 12

Grilled Chicken Tender Recipes

PREP 10 min | COOK 10 min | REST 25 min | SERVES 4 | EASY



THE RECIPE

Lemon, oregano and olive oil season these grilled chicken tenders in a short refrigerated marinade. Grill over medium-high heat and check the thickest pieces reach 165°F (74°C).

DONENESS

Check several of the thickest chicken pieces with a food thermometer; each must reach at least 165°F (74°C). Keep the probe away from bone or the hot cooking surface. Timing is an estimate.

INGREDIENTS

- 1 1/4 lb (567 g) chicken tenderloins
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- 1 tsp (2 g) finely grated lemon zest
- 2 garlic cloves (6 g), minced
- 1 tsp (1 g) dried oregano
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

SERVE WITH

Serve with grilled courgette, potatoes or a chopped salad.

METHOD

1. Combine oil, lemon juice, zest, garlic, oregano, salt and pepper in a bowl. Add tenderloins and refrigerate 20 minutes.

2. Preheat a clean, lightly oiled grill or grill plate to medium-high, about 400°F (205°C).

3. Lift chicken from marinade and let excess drip off. Grill about 3-4 minutes per side, turning once.

4. Continue cooking until every piece reaches at least 165°F (74°C). Rest on a clean plate for 5 minutes.

COOKING TIPS

Preheat the grill fully.
Use tongs rather than piercing the meat.
Rest on a fresh plate, not the raw chicken tray.

VARIATIONS

Thyme: replace oregano with 1 tsp dried thyme.
Lime: replace lemon juice and zest with lime.
Smoky: add 1/2 tsp smoked paprika.

Refrigerate within 2 hours and use within 3-4 days. Freeze for up to 2 months. Reheat leftovers to 165°F (74°C).