

# Chargrilled Chicken

**Makes:** 4 Portions

## Ingredients

4 Chicken breasts  
2 tsp paprika  
½ tsp cayenne pepper  
½ tsp ground cumin  
¼ ground cinnamon  
1 garlic clove minced  
3 Tbsp olive oil  
3 Tbsp natural greek yoghurt  
Juice of 1 lemon



## Instructions

Combine all the marinade ingredients in a bowl.

Lay your chicken out on a sheet of parchment paper and use the back of a spoon to spread half of the mixture evenly over the breasts. Flip them over and do the same with the rest of the marinade. Place another sheet of parchment paper on top of the chicken breasts and pound them with a rolling pin until tender and thin. If you have time, cover the chicken and pop it in the fridge for up to 24 hours to let it marinate in the spices. If not, you can cook it straight away.

Heat a chargrill, griddle pan or an ordinary frying pan and drizzle on a little olive oil. When its hot, add the chicken breasts. Let them cook for about 6 minutes on each side, until cooked through and gorgeously charred.

## Nutrition information:

Each Serving: per portion

Kcal	180
Fat	4g
Net Carbs	3g
Protein	28g

*Recipe from The Little Green Spoon by Indy Power.  
Check out her website [www.thelittlegreenspoon.com](http://www.thelittlegreenspoon.com)*