

# Coriander barbecued chicken



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**Preparation:** about 20 minutes  
(+ marinating time)  
**Cooking:** about 15 minutes  
**Serves:** 4

1 cup firmly packed coriander roots, stems and leaves\*  
3 garlic cloves, chopped  
1 tsp ground turmeric  
2 tbs lime juice  
2 tbs peanut oil  
½ cup light coconut milk  
8 (about 1 kg) chicken thigh fillets  
Steamed jasmine rice, lime wedges and a leafy green salad to serve

\* *You will need about 1 bunch coriander, wash well and gently scrub root before chopping.*

1. To make coriander marinade, place coriander, garlic, turmeric, lime juice and oil in a food processor and process to form a paste. Add coconut milk and process until combined.
2. Score the thickest part of each chicken thigh twice. Place in a large shallow dish. Coat chicken with coriander marinade. Refrigerate for 4 hours or overnight.
3. Preheat a greased barbecue grill or char-grill over medium heat. Barbecue or char-grill chicken for 12–15 minutes, turning occasionally, until cooked through. Serve chicken with steamed jasmine rice, lime wedges and a leafy green salad.



### Coriander

- Like many fresh herbs, coriander has many minerals and vitamins, although the quantity usually used may be too small to make a major contribution to the diet.
- If you use a lot of coriander, it will supply iron – 35g of fresh coriander has as much as iron as 100g of lean meat.