

# Easy Grilled Paprika Chicken

serves 4

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## INGREDIENTS

Chicken thigh/breast	400g, remove skin
Paprika powder	2 tablespoons
Chili powder	1 tablespoon (optional)
Garlic	3 cloves, minced
Fresh lemon juice	3 tablespoons
Olive oil	1 tablespoon
Salt	¼ teaspoon
Coriander	For garnishing, chopped
Lemon or lime wedges	For garnishing

## NUTRITION INFORMATION per serving

Energy	175kcal
Protein	23g
Carbohydrate	3g
Total Fat	7g
Saturated Fat	1.2g
Cholesterol	73mg
Dietary fibre	1.3g
Sodium	250mg
Carbohydrate exchange:	~0.5 exchange

## METHOD OF PREPARATION

1. In a bowl, combine paprika, chili powder, minced garlic, lemon juice, salt and olive oil.
2. Add the chicken and coat in the mixture. Cover and refrigerate for 1 to 2 hours.
3. Grill at 180°C for 20 minutes or until cooked, turning occasionally.
4. Garnish with chopped coriander and lemon or lime wedges. Serve with rice or potato.