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Low Sodium Whole30 Lemongrass Chicken Strips

Serves 4

Ingredients:

3 garlic cloves, chopped
1 shallot, roughly chopped
1 small green chili (serrano or jalapeno) chopped
2 stalks lemongrass, use just the meaty parts, chopped (about ¼ cup)
1 TBSP coconut aminos
2 TBSP neutral oil, plus more as needed
½ tsp turmeric
1½ lbs. chicken tenders
lime wedges for garnish
fresh herbs, chopped for garnish

Preparation:

1. Blend the garlic, shallot, chili, lemongrass, coconut aminos, oil, and turmeric until smooth. Place the chicken in a zip-top bag and pour marinade over it. Seal the bag and massage the marinade into the chicken to make sure it is well coated. Marinate in the refrigerator for at least one hour and up to 48 hours.
2. When ready to cook, heat the oven to 400°, or set up a grill for indirect cooking. Remove the chicken from the marinade and scrape off excess. Pour the marinade into a bowl and set aside.
3. For roasting: Place chicken on a rack set inside a roasting pan. Roast for 35 to 45 minutes , basting twice during the last 15 minutes. For grilling: Wipe the grill grate with an oiled paper towel. Sear the chicken on the hottest side of the grill 2 to 3 minutes on each side. Brush with marinade and flip often while over the hot coals. Move it to a cooler spot on the grill, cooking indirectly until cooked through.
4. Let the chicken rest for a few minutes before serving. Serve with herbs and lime wedges



Food Fairy Note:

Adapted from *Lemongrass Chicken*, published source unknown

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