



## **Chef Eric's Savory Seasonings - SIZZLE**

### **Chef Eric's Sizzling Grilled Chicken Breasts**

**Yield: 4 Servings**

Chicken breasts, boneless  
Orange, zested and juiced  
Chef Eric's Sizzle Spice Blend

4 each  
2 each  
2 tablespoons

#### **Method:**

1. Cut the chicken breasts in half horizontally, making two thin cutlets. Put the finished chicken into a zip top bag or a pan and set aside.
2. In a bowl, combine the orange juice, zest and Chef Eric's Sizzle Spice Blend.
3. Pour the orange juice mixture into the bag with the chicken and seal. Let the chicken marinate in the refrigerator for as long as possible. Overnight is fine.
4. Preheat a grill pan over medium-high heat and spray the pan with vegetable oil spray. When ready to cook, remove the chicken from the marinade and grill for about three minutes per side, or until the chicken is cooked through.
5. While the chicken is grilling, pour the leftover marinade into a small pan and bring to a boil. Remove from the heat and keep warm to use as a sauce.
6. Serve on a warm plate and garnish with a spoonful of the sauce.

\*Tofu steaks, turkey breasts, steak, fish and pork chops would be great with this marinade.

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