



Soy and Garlic Marinated Chicken

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Easy

Servings

1 hr 25 mins

Description

This soy sauce chicken marinade is simply flavored with lots of garlic and works well with any cut thighs legs etc

Ingredients

- - ½ cup soy sauce - 4 cloves garlic
- minced - 4 skinless
- boneless chicken breasts

Instructions

1. Combine soy sauce and garlic in a large
2. nonporous bowl. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 1 hour. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Cook chicken on the preheated grill until no longer pink in the center and the juices run clear
3. 10 to 15 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Discard marinade.