

# Delicious Pepper Grilled Chicken



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The most common meat in the fridge is chicken thighs. They are not only quicker to cook as a meal and more versatile than breast meat, but they are also more tasty than breast meat. One of them is this black pepper-marinated chicken that you just cooked on the grill or in the oven. The flavours of pepper grilled chicken have never let anyone down, and it always turns out great. You can substitute bone-in, skin-on chicken thighs for the breast meat in this recipe if you prefer breast meat.

If you prefer not to eat chicken that has had the bone removed, try boneless chicken thighs with the skin. This pepper grilled chicken is the perfect summertime grilling dish. The juicy chicken is flavoured with lemon, garlic, and onion to make the dish delicious and keep you coming back for more.

The lovely marinade of lemon and pepper is kept on the lemon chicken all night. The balance of sweetness and acidity is ideal, and the lemon flavour is barely perceptible. The chicken cooked up without a hitch and was wonderfully juicy, flavorful, and excellent.

The simplest summertime activity is grilling! If you marinade some meat and vegetables and light the grill, you can have dinner ready in approximately 30 minutes!

The marinade is incredibly easy to make and works well for both grilling meat and veggies.

Ingredients for pepper grilled chicken

Chicken thigh-leg pieces- 4

For marination

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Thinly sliced onion - 1

- Ginger - 1- inch
- Garlic bulbs - 4
- Chopped tomatoes - 1
- Chicken pepper grill - 2 tsp
- Chopped coriander leaves -  $\frac{1}{4}$  cup
- Mint leaves - 2 tbsp
- Lemon juice - 1 tbsp
- Salt -  $\frac{1}{2}$  tsp

Method to prepare pepper grilled chicken

- A blender should be used to combine all the marinade ingredients, including 1 thinly sliced onion, 1 inch of ginger, 4 garlic bulbs, 1 diced tomato, and  $\frac{1}{4}$  cup of chopped coriander and mint leaves.
  - When making a thick paste, add very little water.
  - Add the marinade mixture, 2 tsp chicken pepper grill powder, 1 tbsp lemon juice, and  $\frac{1}{2}$  tsp salt to the 4 chicken thigh-leg pieces and combine thoroughly.
  - The chicken should be chilled for at least an hour or marinated overnight in plastic wrap.
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Spray some oil on the chicken before placing it on a grill with medium heat.

- Flip it over and fry it on the other side by applying cooking spray.
- Grill till both sides are golden brown.
- You may also spritz the chicken with lemon juice as it cooks.
- Don't overgrill the chicken to prevent dryness.
- When the chicken is thoroughly cooked and has a golden brown colour, remove it from the grill.
- Serve with the salad of your choice.

#### Pepper grilled chicken in oven

- If you don't have a grill, bake this in your oven.
  - On a baking sheet that has been prepared with aluminium foil and cooking spray, arrange the marinated chicken.
  - Oven temperature is set to 375°F.
  - Bake with the baking sheet inside the oven for a total of 45 minutes.
  - After the first 20 minutes of baking, bake the chicken once more for another 25 minutes, this time using cooking spray.
  - Even a little lemon juice might be added.
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- Better still, squeeze some lemon juice on just before removing it from the oven.

#### Tips and tricks to prepare pepper grilled chicken

- Since the marinade wasn't extremely spicy, you should add more ground pepper to the chicken if you like your dish spicy.
  - The recipe allows for the use of ginger-garlic paste, a staple of Indian cooking.
  - To the grilled vegetables, you can add any other vegetables you prefer, such as cherry tomatoes, mushrooms, etc.
  - For juicy pepper flavours in the kitchen, marinating the chicken in pepper is crucial.
  - You may also lightly cook paneer and vegetables first, then add the spice marinade mixture to it.
  - Toss the paneer and vegetables in the spice mixture, then serve it with some stir-fried rice or noodles.
  - You might also enjoy these dishes.
  - Caramel pudding mix
  - Hot badam milk
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Falooda mix

- Gulab jamun mix

+jamun

- Jaljeera powder

For more details, please visit <https://www.ibizexpert.com/detail/delicious-pepper-grilled-chicken--356250>

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