

Recipe Name: Grilled Chicken With Vegetables Recipe
Diet Type: Non-Vegetarian
Course: Dinner
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 tablespoon Extra Virgin Olive Oil	3
• 250 grams Chicken breasts	
• Salt - to taste	
• 1 teaspoon Whole Black Peppercorns - crushed	
• 1-1/2 teaspoon Dried basil leaves	
• Ginger Garlic Paste - as required	
• 1-1/2 teaspoon Red Chilli flakes	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 Red Bell pepper (Capsicum) - chopped	
• 1 Green Bell Pepper (Capsicum) - chopped	
• 4 Broccoli - florets	
• 6 Cherry tomatoes	
• 1 Onion - sliced	
• 4 Garlic - pounded	
• 4 Baby corn	
• 1-1/2 teaspoon Mixed Herbs (Dried)	
• 1 teaspoon Whole Black Peppercorns - crushed	
• Salt - to taste	

Preparation

- To begin making the Grilled Chicken With Vegetables recipe, firstly we will saute the vegetables.
- Heat olive oil in a skillet/stir fry pan.
- Add onion, pounded garlic and saute it for a minute or two.
- Next, add all the vegetables including red pepper, green pepper, broccoli, cherry tomatoes, onions and baby corns.
- Sprinkle some salt over it and cover the pan with a lid.
- Let it cook for 3 to 4 minutes more.



- Add mixed herbs and crushed peppercorn.
- Mix everything well and keep it aside.
- The next step is to prepare the grilled chicken.
- Take chicken breast and pat it slightly so it becomes flat and can be cooked evenly.
- Sprinkle salt, crushed black pepper, dry basil leaves and red chilli flakes and rub it properly on both side.
- Apply ginger garlic paste on the both the sides as well.
- Drizzle some olive oil on it and rub it with mixture.
- Make sure all these steps which are mentioned above, we need to apply it on both sides of chicken breasts.
- Heat olive oil in a skillet/stir fry pan, put chicken breasts on the hot pan and let it cook for 4 to 5 minutes.
- Now turn over chicken breasts and cook another side for 4 to 5 minutes.
- To check the chicken breast is cooked properly or not, cut it against the grain and from inside it should be white in colour and not pink.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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