

Chile Chicken

Recipe makes 1 serving
Each serving = 1 protein

This tastes great served fresh from the grill with a veggie, or even shredded in hCG tomato soup.

Ingredients

- 100 grams chicken
- 1 Tbsp red chile paste/sambal oelek
- 1 Tbsp apple cider vinegar
- 3 cloves minced garlic
- 1 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp granulated sugar substitute
- sea salt to taste
- crushed red pepper (optional)

Directions

1. In ziplock bag, add all ingredients except chicken. Mix together.
2. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat.
3. Place in refrigerator to marinate at least 1 hr.
4. Cook chicken on George Foreman or under broiler until done.
5. Top with crushed red pepper (optional) and serve.



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