

Spicy Maple Chicken Marinade

By Audrey Plant

Ingredients

3 pounds boneless skinless chicken thighs
½ cup extra virgin olive oil
⅓ cup Cholula Hot Sauce
⅓ cup real maple syrup
½ tablespoon garlic powder
2 teaspoons kosher salt
1 teaspoon black pepper
¼ teaspoon red pepper flakes (optional)
½ cup fresh parsley, roughly chopped
Juice of 1 fresh lemon

Instructions

1. In a large bowl, whisk together: olive oil, Cholula Hot Sauce, maple syrup, garlic powder, salt, pepper, red pepper flakes(optional), fresh parsley, and lemon juice. Whisk until well combined.
2. Add chicken thighs and using your hands, evenly coat the chicken with the marinade. Leave chicken fully submerged in the marinade in the bowl.
3. Cover the top of the bowl with plastic wrap. Refrigerate for at least 1 hour, up to 2 days.
4. Recommend grilling chicken thighs on medium-high heat for 8 minutes, 4 minutes on each side, or until cooked through.

Notes:

1. I like to throw in any extra fresh herbs I may have before they go bad.
2. Additionally, feel free to add dried herbs to add more flavor.
3. I prefer to use high-quality maple syrup.
4. Add red pepper flakes if you want to make the recipe spicier.
5. Substitute thighs for boneless skinless chicken breast equally.