Shropshire Hills
Discovery Centre
the home of Grow Cook Learn

Recipes and Tips



Ginger-Lime Chicken

4 servings

1 ½ to 2 pounds boneless, skinless chicken thighs or breasts
salt and black pepper
⅓ cup mayonnaise
1 tablespoon lime zest (from about 2 limes), plus lime wedges, for serving
2 tablespoon finely grated fresh ginger (from a 3-inch piece of peeled ginger)
1 tablespoon lemon juice

Pat the chicken dry and season all over with 1 ½ teaspoons salt. In a medium bowl, stir together the mayonnaise, lime zest and ginger; season with salt and pepper. Add the chicken to the mayonnaise mixture and stir to coat. (The chicken can sit in the marinade for up to 8 hours in the fridge. Let come to room temperature before cooking.)

Heat a large skillet over medium-high. Cook the chicken until juices run clear, about 5 minutes per side for thighs and about 4 minutes per side for breasts.

Serve chicken with lime wedges, for squeezing on top.