

# Everything HERBAL

by Cheryl Jabz

Bringing Nature's Goodness

to Your Table

# PERUVIAN HERB CHICKEN

Bold • Juicy • Herb Packed

Peruvian Herb Chicken (Pollo a la Brasa) is marinated in a vibrant blend of fresh herbs, garlic, citrus & spices, then grilled to perfection for incredible flavor!

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## INGREDIENTS

### For the Chicken

- 4–4½ lbs bone-in, skin-on chicken (cut into pieces)
- 2 tbsp olive oil
- Salt & black pepper to taste

### For the Peruvian Herb Marinade

- 1 cup fresh cilantro, packed
- ½ cup fresh parsley
- 4 cloves garlic
- 1 small onion, roughly chopped
- 1 jalapeño pepper, seeded (optional for less heat)
- ½ cup lime juice (about 3–4 limes)
- 2 tbsp olive oil
- 1 tbsp ground cumin
- 1 tbsp smoked paprika
- 1 tbsp aji amarillo paste (optional, for authentic flavor)
- 1 tsp dried oregano
- 1 tsp salt (or to taste)
- ½ tsp black pepper

## DIRECTIONS

- 1 Make the Marinade:**  
In a blender or food processor, combine cilantro, parsley, garlic, onion, jalapeño, lime juice, olive oil, cumin, paprika, aji amarillo paste (if using), oregano, salt, and pepper. Blend until smooth.
- 2 Marinate the Chicken:**  
Place chicken pieces in a large bowl or zip-top bag. Pour marinade over chicken, making sure all pieces are well coated. Cover and refrigerate for at least 4 hours, preferably overnight.
- 3 Grill the Chicken:**  
Preheat grill to medium-high heat. Grill chicken skin-side down first for 6–8 minutes, then flip and grill another 20–25 minutes, turning occasionally, until chicken is cooked through and juices run clear (internal temp 165°F).
- 4 Rest & Serve:**  
Let chicken rest for 5 minutes before serving. Serve with cilantro lime rice, roasted potatoes, or a fresh salad.

Bold herbs. Bright flavor. Pure Peruvian goodness!

## SERVING SUGGESTIONS

- Serve with cilantro lime rice, roasted veggies, or Peruvian green sauce (Aji Verde).
- Squeeze fresh lime on top before serving.

## COOK'S TIP

For extra smoky flavor, grill over charcoal or finish with a quick sear on high heat.

## PERFECT FOR:

- ♥ WEEKEND GRILLING
- ♥ FAMILY DINNERS
- ♥ MEAL PREP
- ♥ PARTIES & GATHERINGS

Flavorful. Healthy.  
Unforgettable.

## BENEFITS OF THESE HERBS

**CILANTRO**  
Supports detox & digestion.



**PARSLEY**  
Rich in vitamins A, C & K; supports immunity.



**GARLIC**  
Supports heart health & immune function.



**OREGANO**  
High in antioxidants; supports respiratory health.



**LIME**  
High in vitamin C; aids digestion & adds fresh flavor.



Good food.  
Real ingredients.  
Great health.



SCAN ME!

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