

# Grilled Chicken Thighs with Cucumber-Mint Salad



## **Grilled Chicken Thighs with Cucumber-Mint Salad**

The cumin-and-coriander rub in this grilled chicken thigh recipe pairs deliciously with a minty cucumber salad. Chicken thighs can vary widely in size. Ask your butcher to hand-select 4 large thighs for this recipe. If you can only find small chicken thighs, cook 2 per person and reduce the grill time slightly.

### Ingredients

2 cups diced seeded English cucumber (about 1 large)  
6 tablespoons chopped fresh mint  
3 tablespoons finely chopped red onion  
3 tablespoons extra-virgin olive oil, divided  
2 tablespoons white-wine vinegar  
 $\frac{3}{4}$  teaspoon salt, divided  
3 cloves garlic, minced  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
4 large boneless, skinless chicken thighs (about 1 1/4 pounds), trimmed

### Method

1. Preheat grill to medium-high. (No grill? See Broiler

Variation.)

2. Combine cucumber, mint, onion, 2 tablespoons oil, vinegar and 1/4 teaspoon salt in a medium bowl. Set aside.

3. Mash garlic and the remaining 1/2 teaspoon salt in a small bowl until it becomes a paste. Stir in the remaining 1 tablespoon oil, coriander and cumin. Rub the mixture on both sides of each chicken thigh.

4. Grill the chicken thighs until an instant-read thermometer inserted into the thickest part registers 165°F, 3 to 5 minutes per side. Serve the chicken with the cucumber salad.

Prep

- Active: 35 Minutes

Source: EatingWell.com (4 servings | 4 servings, 1 chicken thigh & 1/2 cup salad each )