

## Mustard Shallot Grilled Chicken

If I could grill out all year round, I would probably never cook in my kitchen again. You can grill almost anything, and it's like eating a different food. Even something as boring as chicken breasts can be transformed into a gourmet meal, which is what this recipe shows you.

It starts with an amazing marinade. Ava Jane's Kitchen Avocado Oil, shallots, grainy mustard, garlic, and lots of fresh herbs. Mix it up, let your chicken marinate overnight and when you're ready to grill, you'll have something that tastes magical.

As far as herbs, I used basil, parsley, and chives because that's what I had on hand, but use whatever you like. Just make sure they are fresh and not dried. While dried are good for some things, they don't give quite the same brightness and punch that you're going for here.

I would imagine this would be just as good on shrimp, fish, or even just some veggie kebobs. I might even use it as a salad dressing.

## Mustard Shallot Grilled Chicken

Serves 4

Prep time: 20 minutes, plus marinating time

### Ingredients:

1/2 cup Ava Jane's Kitchen Avocado Oil  
3 tablespoons apple cider vinegar  
2 teaspoons whole grain Dijon mustard  
Juice and zest of 1 lemon  
2 cloves garlic  
1/4 cup chopped fresh herbs of your choice  
1 small shallot, peeled  
4 chicken breasts  
Colima Sea Salt  
Fresh ground black pepper

### Directions:

Put everything but the chicken, salt, and pepper, in a blender and blend until combined. Put the chicken in a casserole dish or freezer bag and pour the marinade over it. Refrigerate for about 8 hours.

When ready to grill, let the excess marinade run off the chicken and season with salt and pepper. Grill until internal temperature reaches 165 degrees F. Serve with your favorite sides.

