

3 Ingredient Nando Peri Peri Chicken

Yield: 3 min
Total Time: 37 min

Recipe from: <https://www.recipeschoose.com/recipes/peri-peri-prawns-indian-recipe>

Ingredients:

- 3 chicken breasts large
- 2 shallots diced finely
- 3 tablespoons garlic sauce nando's
- 1 tablespoon peri-peri sauce nando's spicy, optional, subtract 1 tbsp from garlic peri peri sauce if you add a tbsp of the spicy kind
- green onions or fresh cilantro, optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Protein: 50 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 320 milligrams
8. Sugar: 1 grams

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