

## **Lemon and Ginger Boneless Chicken Thighs (Pargiot)**

1 pound (about half a kilo or 500 grams) boneless, skinless chicken thighs (pargiot)  
about 6-7 large

### Marinade:

3/4 cup mayonnaise

2 tablespoons soy milk

1 tablespoon lemon juice

2 teaspoons grated lemon peel

2 cloves garlic, crushed (frozen is fine)

1 teaspoon dried minced onion OR 2 teaspoons fresh grated onion

1/4 teaspoon ground ginger

1/4 teaspoon ground black pepper

1/4 teaspoon smoked or regular paprika

Pinch of salt

### Directions:

Mix together mayonnaise, soy milk, lemon juice and peel, garlic, onion, ginger, black pepper, paprika and salt. Let stand 5 minutes. Submerge the chicken thighs in the marinade and let sit for a minimum of 1/2 an hour.

Preheat broiler on low broil and remove chicken from marinade. The marinade should stick to chicken. Place chicken on oil sprayed rimmed or broiler pan, letting come to room temperature. Grill about 7 minutes, turn over carefully and grill an additional 7 or so minutes on other side or till cooked throughout, nicely browned and no longer pink inside.