

## Dinner - Paleo

### Grilled Chicken Breast with Zucchini



**SERVES: 4 PREP: 15 min. COOK: 35 min.**

#### Ingredients

4 chicken breasts, bone in and skin on

2 tbsp. cumin seeds

2 garlic cloves, minced

1 tbsp. paprika

1 tsp. dried oregano

1 tsp. dried parsley

Sea salt and freshly ground black pepper

#### Ingredients for the grilled zucchini

4 zucchini, sliced into quarters

Zest of 1 lemon

½ tsp. dried oregano

¼ tsp. garlic powder

Olive oil

Sea salt and freshly ground black pepper

### **Preparation**

1. Preheat your grill to medium high.
2. In a bowl, combine the cumin seeds, garlic cloves, paprika, oregano, parsley, and season with salt and pepper to taste.
3. Rub the chicken with the cumin seed mixture.
4. Place the chicken on the grill over direct heat, skin side down. cook for 30 to 35 minutes flipping every 5 minutes.
5. Combine the zucchini with all the remaining ingredients and grill for 2 to 3 minutes per side.
6. Serve the chicken with the grilled zucchini.