

# Grilled Sesame Lime Chicken Breasts

By Melissa Clark

**Time** 30 minutes, plus at least 1 hour marinating

**Rating** ★ ★ ★ ★ ★ (1911)



Andrew Scrivani for The New York Times

Brining chicken breasts in a soy sauce and fish sauce marinade flecked with lime adds flavor and helps retain moisture while they are on the grill. Chicken breasts do particularly well when pounded into an even thickness and cooked quickly over a hot fire, which chars the exterior but keeps them juicy inside. But if you or anyone in your clan would prefer dark meat to white, this recipe will also work with boneless, skinless thighs, though you might have to add a minute or so to the cooking time. Or use a combination of breasts and thighs. Serve these with a [cucumber salad](https://cooking.nytimes.com/recipes/1015023-cucumber-salad-with-asian-flavors) (<https://cooking.nytimes.com/recipes/1015023-cucumber-salad-with-asian-flavors>) and [grilled eggplant](https://cooking.nytimes.com/recipes/1013779-grilled-eggplant-salad) (<https://cooking.nytimes.com/recipes/1013779-grilled-eggplant-salad>) in the heart of summer.

---

## INGREDIENTS

**Yield:** 4 servings

4 (6-ounce) boneless, skinless chicken breasts  
2 tablespoons soy sauce  
2 teaspoons Asian-style fish sauce  
1 (2-inch) piece ginger, peeled and grated  
3 garlic cloves, grated  
2 limes, as needed  
2 tablespoons peanut oil, more for grill  
Sesame oil, as needed  
Coarsely chopped cilantro, for garnish

---

## PREPARATION

### Step 1

Place chicken breasts between two sheets of parchment or plastic wrap. Using a mallet or rolling pin, pound each to an even thickness of ½ inch. Do not make them any thinner or they could dry out.

### Step 2

In a large bowl, whisk together soy sauce, fish sauce, ginger and garlic. Grate in zest of 1 lime and squeeze in its juice. Whisk in peanut oil. Place chicken breasts in bowl and turn breasts well to evenly coat with mixture. Cover and refrigerate for at least 1 hour and up to 4 hours. Remove chicken from fridge while you heat the grill.

### Step 3

Light the grill, building a hot fire, or heat your gas grill to high.

grill until cooked through, 3 to 5 minutes more.

**Step 4**

Transfer chicken to a platter. Drizzle with sesame oil; garnish with lime juice and cilantro, and chiles if desired.

---

**Private Notes**

Leave a Private Note on this recipe and see it here.