

# Grill in a flash

When it comes to weeknight grilling, think thin: These cuts of meat cook in 10 minutes or less

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To keep pounded chicken breasts from sticking on the grill, make sure the cooking grate is well oiled and super hot

## Grilled yogurt chicken with cucumber salad

SERVES 4 TIME 30 minutes

4 boned, skinned chicken breast halves (about 1 1/2 lbs.)	1/4 tsp. ground turmeric
1 1/4 cups plain whole-milk yogurt	About 1 tbsp. vegetable oil
1 1/4 tsp. ground cumin	1 English cucumber, cut into 1/4-in. dice
1 tsp. fresh lemon juice	2 tbsp. minced shallot (1 medium)
About 3/4 tsp. kosher salt	1/4 cup chopped fresh mint leaves
1/2 tsp. red chile flakes	Freshly ground black pepper

1. Rinse chicken and pat dry. Trim any fat and remove the tender from each breast (reserve for another use). Working 2 at a time, arrange chicken between layers of plastic wrap. With a meat mallet or rolling pin, pound meat to an even thickness of 1/4 in.
2. Prepare a grill for direct high heat (about 500°; you can hold your hand 5 in. above cooking grate only 2 to 3 seconds). If using charcoal, spread half-lit coals in firegrate, top with cooking grate to preheat, and let heat build to high.
3. In a medium bowl, combine yogurt, cumin, lemon juice, 3/4 tsp. salt, the chile flakes, and turmeric. Set aside 1/2 cup yogurt mixture. Add chicken to bowl, flip to coat on both sides, and let sit at room temperature 10 minutes. Transfer chicken to a plate, wiping off excess marinade; rub lightly with oil on both sides.
4. Using metal tongs, wipe cooking grate with oiled paper towels. Grill chicken, covered, 3 to 4 minutes. Turn over, cover, and cook 2 to 3 minutes more. Transfer to a clean plate and season with salt.
5. In a serving bowl, combine cucumber, shallot, mint, reserved 1/2 cup yogurt mixture, and salt and pepper to taste. Serve chicken with cucumber salad.

PER SERVING 245 CAL., 22% (55 CAL.) FROM FAT; 39 G PROTEIN; 6.3 G FAT (1.9 G SAT.); 6.2 G CARBO (1.1 G FIBER); 383 MG SODIUM; 98 MG CHOL. >102



A great choice for a weekday dinner, lamb shoulder blade chops are inexpensive, quick-cooking, and full of flavor.

### Lamb blade chops with olive parsley salad

SERVES 4 TIME 40 minutes

4 lamb blade chops ( $\frac{1}{2}$  to  $\frac{3}{4}$  in. thick; about 2 lbs.)  
 $\frac{1}{2}$  tsp. each kosher salt and freshly ground black pepper  
6 tbsp. extra-virgin olive oil, divided  
1 tsp. finely shredded lemon zest

2 garlic cloves, finely minced  
 $\frac{3}{4}$  cup pitted briny green olives, very coarsely chopped  
1 cup flat-leaf parsley leaves, very coarsely chopped  
4 tsp. minced preserved lemon

1. Prepare a grill for direct medium-high heat (450°; you can hold your hand 5 in. above cooking grate only 4 to 5 seconds). Trim any hard fat from the outside of each lamb chop and season on both sides with salt and pepper. In a small bowl, mix 2 tbsp. oil, the lemon zest, and garlic; slather mixture on both sides of chops.
2. In another small bowl, stir together olives, parsley, preserved lemon, and remaining 4 tbsp. oil.
3. Grill chops 4 minutes, then flip and grill an additional 2 to 3 minutes for medium-rare. Transfer to a clean plate, tent with foil, and let rest 5 minutes. Serve each chop topped with a spoonful of olive parsley salad, and roasted or grilled potatoes if you like.

PER SERVING 656 CAL., 73% (480 CAL.) FROM FAT; 40 G PROTEIN; 53 G FAT (35 G SAT.); 2.9 G CARBO (0.8 G FIBER); 697 MG SODIUM; 157 MG CHOL.

### Caramelized pork kebabs with Chinese eggplant

SERVES 4 TIME 40 minutes

1 pork tenderloin (1 $\frac{1}{4}$  to 1 $\frac{1}{2}$  lbs.)  
2 tbsp. Thai or Vietnamese fish sauce (nam pla or nuoc mam)  
3 tbsp. reduced-sodium soy sauce  
2 tbsp. oyster sauce  
2 tbsp. minced garlic  
3 tbsp. sugar  
1 tbsp. Sriracha chili sauce  
3 Chinese or Japanese eggplants (about  $\frac{1}{2}$  lb. each)

1. Trim pork of fat and silverskin and cut crosswise into  $\frac{1}{4}$ -in. slices. Arrange slices between layers of plastic wrap and, with a meat mallet or heavy rolling pin, pound until paper thin.
2. Prepare grill for direct high heat (about 500°; you can hold your hand 5 in. above cooking grate only 2 to 3 seconds). In a bowl, mix fish sauce, soy sauce, oyster sauce, garlic, sugar, and chili sauce. (If you like, double the marinade and save half to use as a sauce.) Add pork and toss to coat. Let stand 10 minutes. Weave strips of meat onto eight 10-in. metal or soaked wooden skewers.
3. Halve each eggplant crosswise, then lengthwise; score each piece on flesh side a few times with a sharp knife. Add eggplant to pork marinade and turn to coat on all sides.
4. Put skewers on center of grill and surround with pieces of eggplant, skin side down. Cover and cook 2 minutes. Turn meat over, cover, and cook 2 minutes more. Remove meat from grill. Cook eggplant, covered, turning often, 4 to 6 minutes, or until eggplant is very soft but not burned.

PER SERVING 301 CAL., 21% (63 CAL.) FROM FAT; 37 G PROTEIN; 7 G FAT (2.5 G SAT.); 22 G CARBO (3.6 G FIBER); 1,363 MG SODIUM; 104 MG CHOL. ■



These tender, sweet-spicy pork kebabs from pounded tenderloin combine flavors from China and Vietnam.