



How to Grill a Chicken on an Induction Stove

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INGREDIENTS

- Whole chicken or chicken pieces
- Induction-compatible grill pan or ridged skillet
- Oil or nonstick spray
- Seasonings of choice
- Oven mitts

NOTES

- Brush chicken with sauce 10 minutes before done.
- Use a meat thermometer to ensure 165°F.
- Grill lemon halves alongside for a tasty topping.
- Try different rubs like Cajun or jerk seasoning.

DIRECTIONS

Step 1: Season the Chicken

Pat the chicken dry and coat all sides with olive oil or nonstick spray. Season generously with salt, pepper, garlic powder, paprika, herbs, or any of your favorite spices.

Step 2: Heat the Pan

Place your induction-compatible grill pan or ridged skillet on the cooktop. Turn the heat to medium-high. Let the pan preheat for 2-3 minutes until piping hot.

Step 3: Place the Chicken in the Pan

Carefully lay the chicken pieces skin-side down in the hot pan. Grill the chicken on each side for 5-7 minutes until golden brown. Use tongs to flip the pieces.

Step 4: Finish in the Oven

Once both sides are seared with grill marks, transfer the pan to the oven preheated to 400°F. Bake for 15-20 minutes until the chicken is fully cooked through.

