CONCOCTIONS / PERUVIAN-INSPIRED

Peruvian-Style Chicken with Avocado Aji Verde



4 servings · 25 min active
3 hr marinade · 35–45 min roast · 5 min rest
4 hr 5–15 min total; preheat overlaps marinade

Lemon, garlic and cumin meet bronzed chicken skin and a cool, lime-bright avocado–cilantro sauce. Spoon the sauce alongside to keep the skin crisp.

CHICKEN & LEMON–CUMIN MARINADE

- 2 lb (900 g) bone-in, skin-on chicken thighs, 4 medium pieces
- 1½ tbsp olive oil
- 2 tbsp fresh lemon juice, plus 4 lemon wedges to serve
- 4 garlic cloves, finely grated
- 2 tsp sweet paprika
- 1½ tsp ground cumin
- 1 tsp dried oregano
- 1 tsp fine salt (6 g)
- ½ tsp freshly ground black pepper

CREAMY AVOCADO AJI VERDE

- 1 packed cup cilantro leaves and tender stems (25 g)
- 1 jalapeño (about 20 g), stemmed and seeded
- ½ medium ripe avocado (75 g flesh)
- 1/3 cup plain whole-milk Greek yogurt (80 g)
- 2 tbsp finely crumbled cotija (15 g)
- 1 tbsp fresh lime juice
- 1 small garlic clove, chopped
- 1–3 tbsp cold water, as needed
- 1/8 tsp fine salt

EQUIPMENT. Blender; covered raw-chicken container; rimmed metal sheet pan and foil; instant-read thermometer; separate raw and ready-to-eat utensils.

METHOD

1. Sauce first. Wash hands. Rinse and dry produce under running water, without soap; scrub firm produce. Blend all sauce ingredients with 1 tbsp water until smooth; add up to 2 tbsp more for a thick, spoonable sauce. Cover and refrigerate immediately; keep bowl and spoon away from raw chicken. [5]

2. Marinate 3 hr. Do not wash chicken. Separately mix oil, 2 tbsp lemon juice, 4 grated garlic cloves, paprika, cumin, oregano, 1 tsp salt and pepper. Coat thighs; cover and refrigerate at 40°F or below for 3 hr. Wash hands; clean and sanitize raw-contact tools and surfaces. Keep lemon wedges separate. [2]

3. Arrange. Preheat to 425°F (220°C) during the last 20 min of marinating. Line a rimmed metal pan with foil. Drain thighs; space skin-side up. Blot skin puddles with disposable paper, retaining a thin seasoning film. Discard raw-contact marinade; never put it in the sauce. [2]

4. Roast. Roast 35–45 min; start checking at 35 min. Every thigh must reach 165°F (74°C) in thickest meat, away from bone. Check all four; clean the probe after raw or under-temperature checks. Cook longer if needed; color is not the test. Use clean tongs and platter; rest 5 min. [2]

5. Serve. Give each person 1 thigh, about ¼ cup cold sauce and a lemon wedge. Use a separate clean sauce spoon, never raw-chicken tools. Refrigerate chicken and sauce separately and promptly. [3]

KEEP COLD. At or below 40°F (4°C): raw chicken 1–2 days from purchase/thawing, including marinating; its clock never resets. Refrigerate cooked chicken promptly in shallow containers; use within 3–4 days and reheat to 165°F. Sauce: use/discard within 48 hr of blending or any earlier ingredient deadline; a conservative household limit, not validated shelf life. Keep sauce cold with no raw contact. [2–4]

SERVE SAFELY. Discard after over 2 hr cumulative time unrefrigerated, or 1 hr above 90°F (32°C). Chill promptly; do not wait for room temperature. Contains milk (yogurt, cotija); check labels. [3]

Original adaptation, not kitchen-tested; AI-generated serving illustration, not a prepared-batch photograph.

Caroline Cubero’s public caption inspired this independently developed home adaptation. [1]

[1] Creator caption · [2] FDA food safety · [3] FDA handling · [4] FDA storage · [5] FDA produce