

Herb-Infused Lemon Chicken

Indulge in a simple yet flavorful dish with this herb-infused lemon chicken. Perfectly grilled and served with a zesty marinade, it's a delightful main course that packs a punch of freshness.



Main Dish

45 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1 chicken breast (about 6 oz)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 lemon slice (for garnish)
- Fresh parsley (for garnish)

Steps

- 1 In a small bowl, mix olive oil, lemon juice, oregano, thyme, salt, and pepper.
- 2 Place the chicken breast in the marinade, ensuring it's well coated. Let it marinate for at least 30 minutes (or up to 2 hours in the refrigerator).
- 3 Preheat a grill or skillet over medium-high heat.
- 4 Cook the marinated chicken for about 6-7 minutes on each side, or until fully cooked and the internal temperature reaches 165°F (75°C).
- 5 Remove from heat and let it rest for a few minutes before slicing.
- 6 Serve garnished with a lemon slice and fresh parsley.