

Lemon Garlic Chicken with Asparagus

A zesty and nutritious dish featuring tender chicken breast sautéed with asparagus, infused with fresh lemon and garlic. This meal is perfect for a light dinner or lunch, bursting with flavor and healthy ingredients.


20 min

Total time

easy

Difficulty

243

kcal / serving

Ingredients

- 250g chicken breast, diced
- 100g asparagus, trimmed and cut into 2-inch pieces
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add minced garlic and sauté for 1 minute until fragrant.
- 3 Add the diced chicken breast, season with salt and pepper, and cook until golden brown, about 5-7 minutes.
- 4 Add asparagus to the skillet and cook for about 3-4 minutes until tender-crisp.
- 5 Squeeze lemon juice over the chicken and asparagus, stir well to combine.
- 6 Remove from heat and garnish with fresh parsley before serving.