

Lemon Herb Garlic Chicken Breast

A simple yet flavorful pan-seared chicken breast infused with fresh lemon, garlic, and herbs. Perfect for a quick, healthy, and satisfying main dish.



Main Dish

20 min

Total time

Easy

Difficulty

280

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast (about 150g)
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Pat the chicken breast dry and season both sides with salt, pepper, and dried oregano.
- 2 Heat olive oil in a skillet over medium heat.
- 3 Add minced garlic and sauté for about 30 seconds until fragrant.
- 4 Place the chicken breast in the skillet and cook for 6-7 minutes on one side without moving.
- 5 Flip the chicken, pour lemon juice over it, and cook for another 6-7 minutes or until internal temperature reaches 165°F (75°C).
- 6 Remove chicken from heat and let it rest for 3 minutes.
- 7 Garnish with fresh parsley and serve warm.