

Lemon Herb Garlic Chicken Breast

A juicy, flavorful chicken breast marinated in fresh lemon juice, garlic, and herbs, then pan-seared to perfection. This dish is bright, aromatic, and perfect for a quick, healthy meal.



Main Dish

30 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast (about 150g)
- 1 tbsp olive oil
- 1 garlic clove, minced
- Juice of 1/2 lemon
- 1 tsp fresh thyme leaves (or 1/4 tsp dried thyme)
- Salt and pepper to taste
- Optional: fresh parsley for garnish

Steps

- 1 In a small bowl, combine olive oil, minced garlic, lemon juice, thyme, salt, and pepper.
- 2 Place the chicken breast in the marinade and let it sit for 15 minutes.
- 3 Heat a non-stick skillet over medium heat.
- 4 Add the chicken breast and cook for 6-7 minutes on one side until golden brown.
- 5 Flip the chicken and cook for another 6-7 minutes or until the internal temperature reaches 75°C (165°F).
- 6 Remove the chicken from the skillet and let it rest for 3 minutes.
- 7 Garnish with fresh parsley if desired and serve warm.