

Lemon Herb Grilled Chicken

A refreshing and zesty grilled chicken dish infused with lemon and herbs, perfect for a light yet satisfying meal. This recipe is easy to prepare and packed with flavor, making it a great choice for any day of the week.



Main Dish

45 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

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

Steps

- 1 In a small bowl, mix olive oil, lemon juice, garlic powder, oregano, salt, and pepper.
- 2 Place the chicken breast in a resealable bag or shallow dish and pour the marinade over it. Let it marinate for at least 30 minutes.
- 3 Preheat the grill or a grill pan over medium-high heat.
- 4 Remove the chicken from the marinade and grill for about 6-7 minutes on each side, or until fully cooked through and the internal temperature reaches 165°F (75°C).
- 5 Remove from the grill and let rest for a few minutes.
- 6 Slice the chicken, garnish with fresh parsley, and serve.