

Lemon Herb Grilled Chicken

A zesty and aromatic grilled chicken dish that's perfect for a light yet satisfying meal. Marinated in fresh herbs and lemon juice, it's both flavorful and healthy.



Main Dish

45 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 chicken breast (about 200g)
- 1 tablespoon olive oil
- Juice of 1/2 lemon
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 In a bowl, mix olive oil, lemon juice, minced garlic, oregano, salt, and pepper to create a marinade.
- 2 Add the chicken breast to the marinade, ensuring it is well coated. Marinate for at least 30 minutes (or up to 2 hours in the fridge).
- 3 Preheat your grill or grill pan over medium heat.
- 4 Remove the chicken from the marinade and place it on the grill.
- 5 Grill the chicken for 6-7 minutes on each side, or until it reaches an internal temperature of 165°F (75°C).
- 6 Remove from the grill and let it rest for 5 minutes before slicing.
- 7 Garnish with fresh parsley and serve with your favorite side.