

Lemon Herb Grilled Chicken

A zesty and flavorful grilled chicken dish marinated with fresh herbs and lemon juice, perfect for a light and healthy meal. This recipe is quick and easy, making it ideal for any weeknight dinner.



Main Dish

45 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 garlic clove, minced
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 In a small bowl, combine olive oil, lemon juice, oregano, thyme, minced garlic, salt, and pepper.
- 2 Place the chicken breast in a resealable bag or a shallow dish and pour the marinade over it. Seal or cover and refrigerate for at least 30 minutes.
- 3 Preheat the grill to medium-high heat.
- 4 Remove the chicken from the marinade and discard the marinade.
- 5 Grill the chicken for about 6-7 minutes on each side until fully cooked and juices run clear.
- 6 Let the chicken rest for a few minutes before slicing.
- 7 Garnish with fresh parsley and serve with your choice of side dish.