

Lemon Herb Grilled Chicken Breast

Juicy and flavorful grilled chicken breast marinated in a zesty lemon herb mixture.


40 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 chicken breast
- 1 lemon (juiced)
- 2 cloves of garlic (minced)
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Steps

- 1 In a bowl, mix lemon juice, minced garlic, olive oil, dried oregano, salt, and pepper.
- 2 Place the chicken breast in a resealable bag and pour the marinade over it. Seal the bag and refrigerate for at least 30 minutes.
- 3 Preheat the grill to medium-high heat.
- 4 Grill the chicken breast for about 6-7 minutes per side or until fully cooked.
- 5 Remove from the grill and let it rest for a few minutes before slicing and serving.