

Savory BBQ Chicken

This delicious and tender BBQ chicken is a classic American main dish that will satisfy your cravings. The chicken is marinated in a flavorful BBQ sauce and then grilled to perfection.



Main Dish

American

20 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 chicken breast
- 1/4 cup BBQ sauce
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Preheat the grill to medium-high heat.
- 2 Season the chicken breast with salt and pepper.
- 3 In a small bowl, mix together the BBQ sauce and olive oil.
- 4 Brush the BBQ sauce mixture onto both sides of the chicken breast.
- 5 Place the chicken breast on the grill and cook for 6-8 minutes per side, or until the internal temperature reaches 165°F (74°C).
- 6 Remove the chicken from the grill and let it rest for a few minutes before serving.
- 7 Slice the chicken and serve with extra BBQ sauce on the side.