



JERNEJ KITCHEN

GRILLED LEMON CHICKEN BREAST

Grilled Lemon Chicken Breast recipe is made in just 30 minutes. Perfect for a healthy and light weeknight dinner. Use an outdoor grill or grill pan.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
GRILL:	15	MINUTES
TOTAL TIME:	30	MINUTES

GRILLED LEMON CHICKEN BREAST

2 x chicken breast, boneless and skinless (approx. 1 pound or 500g)

1 tbsp olive oil

1 garlic clove

4 bio lemon slices

1 tbsp diced fresh parsley or oregano

1 tbsp Magic Dust Kotányi spices

FRESH SUMMER SALAD

4 tomatoes

1 large cucumber

10 black olives

2 tbsp [Chimichurri sauce](#)

TOOLS AND EQUIPEMENT

bowl

outdoor grill or grill pan

MARINATED CHICKEN BREAST

Add the chicken breast to a bowl along with the olive oil, diced garlic clove, lemon slices, freshly chopped parsley or oregano, and spices. Stir everything together with a spoon until well combined. Optionally place in the fridge overnight (for up to 24 hours) or use immediately.

TIP

If you don't have a Magic Dust spice mix, don't worry. In a small bowl, stir to combine 1/2 tsp salt, 1/4 tsp black pepper, 1/4 tsp cayenne pepper, and 1/2 tsp paprika powder.

COOK THE CHICKEN BREAST

Preheat an outdoor grill or indoor grill pan. There's no need to add any additional fat or oil. Using metal kitchen tongs, add the marinated lemon chicken breast on the grill. Cook for 6 - 8 minutes on each side or until beautifully grilled and juicy inside. Transfer to a plate and leave to rest, covered, for about 5 minutes.

TIP

Before removing the chicken breast from the grill, check the temperature of the chicken. A thermometer inserted into the thickest part of the meat should register 150°F (65°C). Set aside for 5 minutes. The cooking process will continue, the temperature of the chicken will rise and the result will be juicy, tasty chicken breast.

FRESH SUMMER SALAD

Make a fresh summer salad. Clean and slice the tomatoes and cucumber. Add to a bowl along with black olives. Season with two tablespoons of [Chimichurri sauce](#) and add salt and pepper,

Sponsored

if needed. Toss to combine.

SERVE

Slice rested Grilled Lemon Chicken Breast and divide among four plates. Serve with the prepared fresh summer salad.