

Grilled Lemon Chicken

Juicy grilled lemon chicken with garlic marinade. Perfect for BBQ, oven, or skillet. Ready in 40 minutes with simple ingredients. Healthy and delicious!

30 min

PREP

10 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4 chicken meat
- 1 cup olive oil
- 2 lemon
- 4 clove garlic
- 3 sprig fresh oregano
- 1 green olive
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the marinade**

Whisk together 1 cup olive oil, juice from 2 lemons, 4 minced garlic cloves, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl until well combined.
- 2** Place 4 chicken breasts in a large zip-top bag or shallow dish and pour the marinade over them. Seal the bag or cover the dish and refrigerate for exactly 30 minutes, turning once halfway through.
- 3 Prepare the grill**

Preheat your grill to medium-high heat, about 400-450°F (200-230°C). Clean the grates with a grill brush and oil them lightly with a paper towel dipped in oil to prevent sticking.
- 4** Remove the chicken from the marinade, letting excess drip off. Discard the used marinade.

5 **Grill the chicken**

Place the chicken breasts on the preheated grill and cook for 6-7 minutes without moving them, until you see clear grill marks and the chicken releases easily from the grates.

6 Flip the chicken and grill for another 5-6 minutes, until the internal temperature reaches 165°F (74°C) when checked with a meat thermometer in the thickest part.

7 **Rest and serve**

Transfer the grilled chicken to a clean plate and let rest for 5 minutes to allow the juices to redistribute.

8 Garnish with 3 fresh thyme sprigs and serve immediately with the remaining lemon wedges on the side.

Tips

Use a meat mallet to pound chicken breasts to even thickness (about $\frac{3}{4}$ inch) for uniform cooking and faster grilling time.

Always use fresh lemon juice rather than bottled for the brightest flavor and best tenderizing action.

Don't skip the resting period after cooking - 5 minutes allows juices to redistribute, ensuring moist, tender chicken.

Preheat your grill or grill pan properly before adding chicken to achieve those coveted grill marks and prevent sticking.

Save some fresh herbs like thyme or rosemary for garnishing - they add color and fresh aroma to the finished dish.

Make extra marinade and reserve some before adding raw chicken to use as a finishing drizzle after cooking.

Use tongs instead of forks when turning chicken to avoid piercing the meat and losing precious juices.

If chicken is browning too quickly on the grill, move to a cooler section and cover to finish cooking gently.