



Grilled Greek Lemon Chicken

SERVINGS 4⌚ **PREP TIME** 135 min**COOK TIME** 10 min

DIRECTIONS

1. Using the flat side of a meat mallet, pound thicker parts of chicken to even thickness.
2. In a small mixing bowl, whisk together olive oil, lemon zest, lemon juice, garlic, oregano, basil, thyme, rosemary and season with salt and pepper (about 1 tsp salt 1/2 tsp pepper).
3. Place chicken in a gallon size resealable bag, pour in olive oil mixture. Seal bag while pressing air out. Rub marinade over chicken. Transfer to refrigerator and allow to marinate 2 - 5 hours (rotate bag and move chicken around halfway through if possible).
4. Preheat grill over medium-high heat (to about 425 - 450 degrees F).
5. Brush grill grates lightly with olive oil. Place chicken on grill, close lid, and grill about 4 minutes per side, or until chicken registers 160 - 165 degrees F in center of chicken on an instant read thermometer.
6. Let chicken rest 5 minutes, garnish with fresh parsley then serve immediately.

INGREDIENTS

- 4 (6 oz) boneless skinless chicken breast halves*
- 1/3 cup olive oil , plus more for brushing grill
- 1 Tbsp lemon zest
- 1/3 cup fresh lemon juice
- 4 cloves garlic , minced (1 1/2 Tbsp)
- 2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary , crushed
- Salt and freshly ground black pepper
- Chopped fresh parsley , for serving

For a pinch of

Seabra's
flavor...

This Grilled Greek Lemon Chicken is bursting with fresh lemon flavor and is so easy to make!