

Foodnity Recipes

Delicious Chicken Breast Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 skinless chicken breasts (about 1 ½ lbs)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp honey
- [ ] 1 tsp fresh thyme leaves

Optional Garnish

- [ ] Chopped fresh parsley
- [ ] Lemon zest

Instructions

1. Pat the chicken breasts dry, then rub with olive oil, salt, and pepper.
2. Heat a large skillet over medium-high heat; add the chicken and sear 3–4 minutes per side until golden.
3. Add minced garlic to the pan, stirring quickly, then pour in lemon juice, honey, and thyme. Let the sauce simmer for 2 minutes.
4. Transfer the skillet to a pre-heated oven at 350°F and bake for 12-15 minutes, or until internal temperature reaches 165°F.
5. Remove from oven, let rest 3 minutes, then drizzle the pan sauce over the chicken and garnish with parsley and zest.

Nutrition per serving

340 kcal	35 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pan gets too hot, lower the heat to avoid burning the garlic.
- A splash of chicken broth can thin the sauce if it becomes too thick.
- Feel free to add a pinch of crushed red pepper for gentle heat.