

Foodnity Recipes

Grilled Chicken – Juicy, Charred & Ready in 20 Minutes

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 6-8 oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp apple cider vinegar

Instructions

1. In a bowl, dissolve 1 tsp salt and 1 tbsp apple cider vinegar in 2 cups cold water; submerge the chicken and let brine for 15 minutes.
2. Pat the chicken dry, drizzle with olive oil, and coat evenly with smoked paprika, garlic powder, lemon zest, black pepper, and a pinch more salt.
3. Pre-heat the grill to medium-high (about 375°F). Place the chicken on the grill and cook 5-6 minutes per side, resisting the urge to move them too often.
4. During the last minute, brush each side with a mixture of honey and lemon juice; watch for a quick glaze.
5. Remove from heat, let rest for 3 minutes, then slice against the grain and serve.

Nutrition per serving

320 kcal	38 g	12 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, add a pinch of cayenne to the seasoning blend.
- A light drizzle of grilled chicken salad dressing pairs beautifully.
- For meal prep, store sliced chicken in an airtight container; it keeps well for up to 3 days.