

Foodnity Recipes

Lemon Garlic Chicken Meal Prep

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

Ingredients

Main Ingredients

- [ ] 4 boneless skinless chicken breasts (about 1.5 lbs), trimmed
- [ ] 2 tablespoons olive oil
- [ ] 3 cloves garlic, minced
- [ ] Juice of 1 large lemon (about 3 tbsp)
- [ ] 1 teaspoon lemon zest
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tablespoons fresh parsley, chopped

Instructions

1. Pat the chicken dry, then season both sides with salt and pepper.
2. In a bowl whisk together olive oil, minced garlic, lemon juice, zest, and a pinch of salt.
3. Heat a large skillet over medium-high heat; add a drizzle of oil and sear the chicken 4-5 minutes per side until golden.
4. Reduce heat to medium, pour the lemon-garlic mixture over the chicken, and let it simmer 3-4 minutes, turning once.
5. Remove from heat, sprinkle fresh parsley, and let rest 2 minutes before slicing.

Nutrition per serving

280 kcal	38 g	5 g	9 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
>
> - If you prefer a milder garlic flavor, reduce cloves to 2.
> - For extra zing, add a thin slice of lemon on top while the chicken rests.
> - The dish can be made ahead and reheated in a microwave or skillet.