

Foodnity Recipes

Lemon Herb Chicken Skillet

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless skinless chicken breasts (about 1.5 lbs)
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon dried rosemary
- [ ] Salt and freshly ground black pepper to taste

Pan Sauce

- [ ] 1 tablespoon lemon zest (from 1 lemon)
- [ ] 1 cup low-sodium chicken broth
- [ ] Juice of 1 lemon
- [ ] 3 cloves garlic, minced
- [ ] 2 tablespoons unsalted butter

Garnish

- [ ] 2 tablespoons freshly chopped parsley (optional garnish)

Instructions

1. First things first, pat the 4 boneless skinless chicken breasts (about 1.5 lbs) dry with some paper towels. Honestly, this is the secret to a good sear. Now, go ahead and season both sides generously with salt, pepper, 1 teaspoon dried thyme, and 1 teaspoon dried rosemary.

2. Heat your 2 tablespoons olive oil in the skillet over medium-high heat until it's just shimmering. Gently place the chicken in the pan and sear for about 4-5 minutes on each side. You're looking for a lovely golden brown color and for the edges to no longer look pink.

3. Use your tongs to move the chicken to a plate. I like to tent them loosely with foil so they stay warm. In that same skillet-don't you dare wash it!-add the 3 cloves garlic, minced, and cook for just 30 seconds. Stir them constantly, because garlic can burn in a heartbeat, ugh.

4. Now, pour in the 1 cup low-sodium chicken broth and Juice of 1 lemon. Use your spoon to scrape up all those browned bits from the bottom; that's where the real flavor lives. Bring it to a gentle simmer, then stir in the 1 tablespoon lemon zest (from 1 lemon) and 2 tablespoons unsalted butter, letting it melt into a silky little sauce.

5. Return the chicken breasts to the skillet and spoon some of that sauce right over them. Turn the heat down to medium, cover the pan, and let them simmer for 7-8 minutes. Give them a flip once, and make sure the internal temperature hits 165°F (74°C) with your thermometer.

6. Take the skillet off the heat. Now, here is the hard part: let the chicken rest for 3 minutes. It just helps the juices settle back in, yeah? Then, drizzle the remaining sauce over the top.

7. Sprinkle on the 2 tablespoons freshly chopped parsley (optional garnish) for a bit of brightness. Give the sauce a taste-don't be shy-and add a bit more salt, pepper, or a splash of extra lemon juice if it needs a lift.

8. Serve your Lemon Herb Chicken Skillet immediately. Be generous with that pan sauce on each plate! I find it goes wonderfully with some fluffy rice, roasted vegetables, or a crisp green salad.

Nutrition per serving

340 kcal	42 g	8 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is essential for getting that golden-brown crust.
- Using a cast-iron skillet helps maintain a steady heat for better caramelization.
- Resting the meat for a few minutes ensures the chicken stays juicy instead of drying out.