
Lemon Basil Chicken Breast

Total time: 8 hrs 15 min Yield: 2 servings

Ingredients

1 1/2 lb chicken breast (skinless)
2 lemons (zested and juiced)
1 Tbsp basil (finely minced)
1/2 Tbsp Italian parsley (finely minced)
1/2 Tbsp garlic (minced)
1 tsp mirin
3 Tbsp olive oil
1 Tbsp granulated onion
1/2 Tbsp garlic salt
1/2 tsp chili garlic paste
1 tsp honey
Hawaiian salt
black pepper

Prep Time: 8 hrs Cooking Time: 15 min Total Time: 8 hrs 15 min

Instructions

Cut chicken on the bias into 1" pieces to ensure the marinade coats it evenly. In a small bowl, combine the lemon juice and zest, basil, parsley, garlic, mirin, olive oil, granulated onion, garlic salt, chili garlic paste and honey.

Place the chicken into a large zip top bag and pour in the marinade. Seal the bag and place in refrigerator for 24 hours.

Preheat oven to 350°F. Remove the marinated chicken from the zip top bag and place onto a parchment paper-lined sheet pan. Lightly season the chicken with salt and pepper.

Roast chicken for 12 to 15 minutes or until the chicken is cooked through to 165°F; do not overcook. Rest the chicken for 2 to 3 minutes and serve hot, garnished with lemon and basil.

Enjoy this healthy and delicious meal with a chilled beer or natural fruit punch.

Recipe brought to you by:

Chef Adam Tabura