

Greek Chicken

- 3 lbs chicken thighs or breasts, boneless & skinless
- 2 tablespoons extra-virgin olive oil
- 1 large lemon, juice of
- 1 tablespoon oregano, dried
- 1 tablespoon rosemary, dried or fresh
- 2 garlic cloves, grated
- 1 teaspoon Himalayan sea salt
- Ground black pepper, to taste
- Pinch of red pepper flakes



1. In a medium bowl, add olive oil, lemon juice, oregano, rosemary, garlic, salt and pepper. Whisk with a fork.

2. Add chicken to the bowl, poking and tossing with a fork. This will allow marinade to penetrate the meat. Cover and refrigerate for 30 mins – 48 hours. The longer you marinate, the deeper the flavor.

3. To pan fry: Preheat large ceramic non-stick skillet on medium heat. Add chicken, cover and cook for 5-6 minutes. Flip and cook for another 5-6 minutes or until the thickest part juices run clear when poked with a knife or fork. Discard marinade.

4. To bake: Preheat oven to 450 degrees F. Lay chicken breasts in a single layer on a baking dish. Bake uncovered for 25 minutes (thinner) to 35 minutes (2"+) or until 150 degrees F internal temperature. Discard marinade.

5. For all methods: Make sure you let chicken rest. Place cooked chicken into a baking dish and cover with tin foil, silicone lid or paper towel. Let rest for 5 minutes. This step helps juices settle back into the meat.

