GREEK · LUNCH · DINNER

Greek Lemon-Garlic Marinated Chicken Cutlets

110 min · Serves 6 · 281 kcal a serve · Video 7:05 · The Mediterranean Dish

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

31 g protein and under 2 g net carbs a serve: chicken breast cutlets marinated in olive oil, lemon, garlic, oregano, thyme and paprika, then grilled. No sugar, flour or dairy.

Diet notes: Low carb (1.8 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.7 g, 9% of the energy).

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Ingredients 9 · SERVES 6

- [ ] 2 tbsp finely chopped **flat-leaf parsley** (leaves and tender stems)
- [ ] 4 large **garlic** cloves, minced
- [ ] 1 tsp **fresh thyme leaves**
- [ ] 2 tsp **dried oregano**
- [ ] 1 large **lemon**, zested and juiced
- [ ] 80 ml extra **virgin olive oil**
- [ ] 1 tsp **sweet paprika**
- [ ] **Salt**: kosher salt and black pepper (a big pinch, to taste)
- [ ] 680–900 g **chicken breasts**, halved horizontally into cutlets (or thighs)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop the parsley very finely and put it in a large bowl with the garlic, thyme leaves and oregano. 0:25
2. Add the zest and juice of the lemon, the olive oil, paprika and a big pinch of salt and pepper, and whisk. 1:52
3. Slice each chicken breast in half horizontally so the cutlets are an even thickness and cook evenly. 3:15
4. Turn the chicken in the marinade until it's completely coated, cover and refrigerate 1–2 hours (no longer for breasts, or the lemon changes the texture). 4:01
5. Shake off the excess marinade and grill over medium heat, covered, about 4 minutes, until almost cooked through. Turn and cook 30–60 seconds more. 4:36
6. Take the chicken off at about 71°C, tent it with foil and rest a few minutes, when it reaches 74°C. Serve with tzatziki if you like. 5:31

> **Tip** Butterflying the breasts into thin cutlets is cheaper than buying cutlets and keeps them from drying out on the grill.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
281 kcal	**31 g**	**2.3 g**	**0.5 g**	**16 g**	**460 mg**
1,170 kJ	63% of a day	1.8 g net · 0.3 g sugars	2% of a day	2.7 g saturated	20% of a day
		1% of a day		20% of a day	

Energy from net carbs 3% · protein 45% · fat 52% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 51% · Vitamin B6 39% · Vitamin K 27%

Source of (10–19%) Vitamin E 15% · Vitamin B12 14% · Zinc 10% · Omega-3 10%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=4MDPVv8Sa9k. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tmd-greek-chicken-marinade-grilled-cutlets