MEDITERRANEAN · DINNER · LUNCH

Lemon Garlic Chicken Breasts

50 min · Serves 6 · 316 kcal a serve · Video 7:04 · The Mediterranean Dish

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

36 g protein and 2 g net carbs a serve: chicken breast in a lemon, garlic, herb and olive oil marinade, with no sugar, flour or dairy.

Diet notes: Low carb (2.1 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3 g, 9% of the energy).

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Ingredients 10 · SERVES 6

- [ ] **Lemon zest**: zest of 1 lemon
- [ ] **Lemon juice**: juice of 1–2 lemons, plus lemon slices to serve
- [ ] 60 ml extra **virgin olive oil** for the marinade
- [ ] 5 large **garlic** cloves, crushed or minced
- [ ] 1½ tsp **Italian seasoning**
- [ ] ½ tsp **red pepper flakes** (optional)
- [ ] 6 g chopped **Italian parsley**, plus more to garnish
- [ ] 900 g **boneless**, skinless chicken breasts (about 4 large)
- [ ] **Salt**: kosher salt and black pepper, to taste
- [ ] about 2 tbsp extra **virgin olive oil** for the pan

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. For the marinade, zest a lemon and squeeze its juice into a bowl with the garlic, Italian seasoning, red pepper flakes, parsley and 60 ml olive oil. Mix well. 0:49
2. Slice each chicken breast in half horizontally to make two thinner cutlets that cook quickly and stay juicy. 3:03
3. Season the cutlets on both sides with salt and pepper, add them to the marinade and turn to coat. Leave 30 minutes (or up to 2 hours in the fridge; no longer than 4 because of the lemon). 3:29
4. Heat a couple of tablespoons of olive oil in a large skillet until it shimmers. Cook the chicken a few minutes a side until browned and just cooked through, adding a little of the marinade to the pan. 4:47
5. Finish with chopped parsley and a few lemon slices. 6:14

> **Tip** Serve with a big salad or roasted vegetables. Suzy likes to keep some marinade in the pan for extra juiciness.

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
316 kcal	36 g	2.4 g	0.4 g	18 g	470 mg
1,320 kJ	71% of a day	2.1 g net · 0.3 g sugars	1% of a day	3 g saturated	21% of a day
		1% of a day		23% of a day	

Energy from net carbs 3% · protein 46% · fat 51% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 58% · Vitamin B6 44% · Vitamin K 22%

Source of (10–19%) Vitamin E 16% · Vitamin B12 16% · Zinc 11% · Omega-3 10%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=jvQKp7pVhF0. 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-lemon-garlic-chicken