

# Grilled chicken breasts

**Serves 8**

## **Ingredients:**

Chicken breasts	4 pieces
Olive oil	2 TBSP
Salt and pepper	TT
Fresh thyme or rosemary	2 sprigs
Fresh lemon juice	½ lemon
Store bought bbq sauce or teriyaki sauce	

## **Method:**

1. Slice the chicken into 2 or 3 thin slices.
2. Slightly flatten the chicken with a meat mallet.
3. Marinade chicken breasts with olive oil, salt, pepper, fresh thyme, lemon juice for 30 minutes or longer in the refrigerator.
4. Heat a grill or frying pan to medium high heat.
5. Oil the pan and sear the chicken for 2-3 minutes until golden brown and cooked through.
6. Brush with sauce of your choice and serve immediately.

