

BONELESS SKINLESS CHICKEN BREAST

Serves 1–2 | **Prep Time:** 10 mins | **Cook Time:** 20 mins | **Rest:** 5–10 mins

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 tsp salt (kosher or sea salt preferred)
- ½ tsp ground black pepper
- *Optional:* ½ tsp paprika or dried herbs (thyme, oregano, rosemary)

HOW TO DEFROST:

- Place sealed frozen chicken in a bowl or on a plate.
- Let thaw in the refrigerator for 8–12 hours or overnight.
- Use within 1–2 days after thawing.
- Do not thaw at room temperature.

PREP & SEASON:

Flatten the chicken breasts so they're even in thickness — about ¾ inch (2 cm) thick. You can do this by placing them between two pieces of plastic wrap and gently pressing down with your hand, a rolling pin, or the bottom of a pan. Rub both sides with olive oil, salt, pepper, and optional seasonings.

GRILL INSTRUCTIONS:

- Preheat grill to 400–450°F (200–230°C).
- Clean and oil the grates.
- Grill chicken for 5–6 minutes per side, lid closed.
- Internal temp should reach 165°F (74°C).

OVEN INSTRUCTIONS:

- Preheat oven to 425°F (220°C).
- Place chicken on a baking sheet or in an oven-safe dish.
- Bake for 18–20 minutes, depending on thickness.
- Internal temp should reach 165°F (74°C).

REST & SERVE:

Let chicken rest for 5–10 minutes before slicing. This keeps it juicy. Slice against the grain for extra tenderness.

