Broiled Chicken Breast: Lean American Poultry

Seasoned with garlic and olive oil for a golden brown crust



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	12 min	22 min	4 servings	235 kcal

Ingredients

- 800 g boneless skinless chicken breasts
- 15 ml extra-virgin olive oil, for brushing
- 15 ml extra-virgin olive oil, for seasoning mix
- 5 g sea salt
- 2.5 g black pepper
- 8 g fresh garlic, minced
- 2 g dried thyme, optional
- 1 g cayenne pepper, optional

Instructions

1. Prepare the oven: Preheat the broiler to 220°C (425°F). Place the rack about 10cm (4in) from the heat source. Correct positioning ensures the chicken browns without burning too quickly.
2. Prep the chicken: Pat the chicken breasts dry with paper towels. Lightly brush both sides with 15ml (1tbsp) of olive oil. Dry meat browns better and prevents the seasoning from sliding off.
3. Mix the seasoning: Whisk together the remaining olive oil, minced garlic, sea salt, black pepper, thyme and cayenne in a small bowl. Mix until the blend is aromatic. This ensures the flavour is evenly distributed.
4. Season the meat: Rub the seasoning mix over all sides of the chicken breasts. Ensure you have even coverage. This creates a savoury crust during the broiling process.
5. Broil the first side: Arrange the breasts on a foil-lined baking sheet with space between them. Place the sheet under the broiler for 3–4 minutes. Watch for a golden-brown crust to form.

6. Broil the second side: Flip the breasts with tongs. Broil for another 3–4 minutes. Use an instant-read thermometer to ensure the thickest part reaches 74°C (165°F) so the meat is safe and juicy.
7. Rest the chicken: Transfer the chicken to a plate and tent loosely with foil. Let the meat rest for 5 minutes. Resting allows the juices to redistribute through the fibres for a tender result.

Notes

What to serve with itServe this chicken with roasted seasonal vegetables and a splash of fresh lemon. You can also thinly slice the meat for a mixed-green salad with a citrus vinaigrette. For a more substantial meal, layer the slices over quinoa and sautéed spinach, finished with a sprinkle of feta.

Storing and reheatingKeep leftovers in an airtight container in the fridge for up to 2 days. For longer storage, pack the chicken in freezer-safe bags or containers for up to 3 months. Reheat gently to avoid drying out the lean meat, as the broiler cooks the breast quickly.