

## Easy Pan-Fried Lemon Chicken

submitted by jacobvanhorn



Per serving: 347 Calories • 1.2g Carbs (0.1g Fiber) • 13g Fat • 53.2g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

- 1 breast, bone and skin removed **Chicken breast** (236 grams)
- 1 tbsp **Lemon juice** (15 grams)
- 1 1/2 tsp **Olive oil** (6.8 grams)
- 1/4 tsp **Sea Salt** (1 grams)
- 1/8 tsp **Pepper** (0.26 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Combine all ingredients into a ziplock bag, setting aside a small amount of olive oil for step 4.
2. Flatten chicken breasts with rolling pin or meat pounder.
3. Optional - Let the chicken marinate for 30 minutes.
4. Heat a skillet over medium-high heat and add oil.
5. Cook chicken 4-5 minutes each side, or until chicken reaches an internal temperature of 165 F.
6. Let meat rest 5 minutes before slicing.