

Greek Chicken

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

Chef's Notes

This chicken is full of flavor and is a great thing to make for a large or small group.

This chicken is particularly nice served with homemade Tzatziki and Lemon Roasted Potatoes.

Note: Any leftover and unused (for food safety reasons be sure it did not come into contact with the raw chicken) marinade can be stored in the refrigerator for a few days.

Step 1: Making the Marinade

- 8 garlic cloves
- 1/2 cup grainy mustard
- 6 tbsp honey
- 1/2 cup Dijon mustard
- 1 tbsp Greek seasoning
- 1 tbsp lemon pepper
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 3 tbsp lemon zest
- 1/2 cup lemon juice (4 lemons)
- 2 1/2 cups vegetable oil

NOTE: This recipe makes enough for this Greek Chicken and the Lemon Potatoes. If you are only making one of these dishes, you will want to cut the recipe in half.

To prepare the marinade, first purée the garlic in a food processor. Add the grainy mustard, honey, Dijon, Greek seasoning, lemon pepper, salt and pepper. Pulse a few times to blend. Then add the lemon zest and fresh lemon juice. Keep the food processor running while you slowly add the oil. Do not over mix. The consistency should be thick but still pourable.

Step 2: Preparing the Chicken

- 8 single chicken breasts
- 2 tbsp fresh oregano
- 2 tbsp fresh thyme

To prepare the chicken, first remove any bones and/or fat and skin. The breasts can be left whole or portioned into smaller pieces; it's up to you.

Next, finely chop the oregano and thyme and add them to the chicken, along with the dressing. Remember to only use half of the dressing if you prepared a whole batch. Toss to coat the chicken in the marinade and refrigerate for a few hours. The chicken can even be marinated overnight.

Note: The typical weight of a chicken breast is about 6 oz/170 g, so the total weight for the chicken is about 3 lb/1300 g.

Step 3: Cooking the Chicken

To cook the chicken, preheat the oven to 400°F (200°C).

To bake the chicken, lay it onto a parchment-lined baking sheet. For food safety reasons, be sure to discard any remaining dressing that was used to marinate the chicken. Bake the chicken for 15 to 20 minutes or until the chicken is no longer pink in the center. Cooking times will obviously depend on the size of the chicken breasts.

Once done, finish the chicken by pouring any of the pan juices over top. Garnish with freshly chopped parsley.