

Recipe Title

Ingredients

- 2 chicken breasts
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 3 tsp minced garlic
- 1 tsp dried parsley
- 1/2 tsp dried thyme
- 1/4 tsp cayenne pepper

Instructions

1. Butterfly breasts
2. Rub with 1 Tbsp olive oil, and season
3. Heat 1 Tbsp olive oil on medium heat
4. Cook, covered, for 3 minutes (tops should whiten, bottoms should brown)
5. Flip and cook for another 3 minutes

Notes