

## Weeknight Lemon Chicken Breasts With Herbs

By Jennifer Steinhauer

**YIELD** 4 servings

**TIME** 20 minutes, plus at least 1 hour marinating

Boneless chicken breasts suffer a bad reputation, owing in large part to their propensity to dry out. The solution here is a lovely bath in an ample amount of olive oil, white wine and lemon, which seasons and tenderizes the chicken. Later, the marinade becomes an easy pan sauce once it cooks with the breasts. Use fresh herbs in the summer; in the winter, dried herbs will do the trick.

---

### INGREDIENTS

**4 medium boneless, skinless chicken breasts (about 8 ounces each)**  
**1 ½ teaspoons kosher salt**  
**1 ¼ teaspoons ground black pepper**  
**½ cup olive oil, plus 2 tablespoons**  
**1 lemon, thinly sliced into rounds, seeds discarded**  
**¼ cup dry white wine**  
**3 garlic cloves, smashed**  
**1 tablespoon dried herbes de Provence, or 3 tablespoons chopped fresh herbs, such as sage, rosemary and thyme**

### PREPARATION

#### Step 1

Season the chicken breasts all over with the salt and pepper. Transfer the chicken to a gallon-size resealable freezer bag. Add 1/2 cup olive oil and the remaining ingredients, press out the air and seal the bag tightly so the chicken is fully submerged. Massage the chicken through the plastic bag to evenly distribute the herbs. Let marinate in the refrigerator for 1 hour or up to 8 hours.

#### Step 2

In a large, deep skillet with a lid, heat the remaining 2 tablespoons olive oil over medium. Remove the chicken from the marinade, add to the skillet, then pour the lemons and marinade on top. Cook until the chicken is golden on one side, about 8 minutes. Turn the chicken, cover and cook over medium-low until chicken is cooked through, about 7 minutes. Serve chicken topped with lemons and sauce.

---

### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.