**Grilled Chicken**

Prep time: 4 hours Cook time: 20 min

**Ingredients:**

* 250 gms chicken breast fillet, lightly pounded
* Lemon zest from 1 lemon
* 4 tbsp extra virgin olive oil
* 2 cloves garlic, minced
* ½ tsp oregano
* 1 tsp low sodium salt
* ½ tsp ground pepper

**Instructions:**

1. In a bowl, mix 2 tbsp olive oil, lemon zest, garlic, salt, pepper, and oregano to make the marinade.
2. Place the chicken fillets in a shallow dish, pour the marinade over them, cover, and refrigerate for at least 4 hours.
3. Heat a grill pan over medium heat and add 2 tbsp oil.
4. Transfer the marinated chicken to the grill pan and cook, covered, for about 5 minutes per side, or until fully cooked.
5. Remove from the pan and serve hot with a side of sautéed vegetables or salad.