

ROSEMARY CHICKEN

with Rosemary Olive Oil + White Lemon Balsamic

Ingredients:

- 1/4 cup Rosemary-Infused Olive Oil
 - 3 tbsp White Lemon Balsamic Vinegar
 - 2 garlic cloves, minced
 - 1 tbsp fresh rosemary, finely chopped
 - 1 tsp Dijon mustard (optional)
 - 1-2 tsp honey (optional, to balance acidity)
 - 1/2 tsp sea salt
 - 1/4 tsp freshly cracked black pepper
 - Zest of 1 lemon (optional)
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- 4 boneless, skinless chicken breasts (or thighs)



Directions:

1. Prepare the Marinade

In a bowl, whisk together the rosemary olive oil, white lemon balsamic, garlic, rosemary, Dijon, honey, salt, pepper & lemon zest.

2. Add the chicken and coat thoroughly.

Marinate for at least 30 minutes, or up to 4 hours for deeper flavor.

3. Cook the Chicken

Choose your preferred method:

- Skillet: Heat 1-2 tbsp rosemary olive oil over medium-high heat. Sear chicken 5-6 minutes per side until golden and cooked through (165°F internal temperature).
- Grill: Grill over medium-high heat for 5-6 minutes per side.
- Oven: Bake at 400°F for 20-25 minutes until fully cooked.

4. Finish & Serve

For extra brightness, drizzle with a simple finishing blend of 1 tbsp Rosemary Infused olive oil + 1 tbsp White Lemon Balsamic Vinegar just before serving.