

Herbs Chicken breast

Ingredients

Chicken breast marinade:

- 2 boneless skinless chicken breast
- 2 garlic cloves, minced
- 1 teaspoon garlic powder
- 2 tbsp. parsley, chopped
- 1 teaspoon cilantro, chopped
- 1/2 cup flour
- 2 eggs
- Salt and pepper
- 2 tbsp olive oil or canola oil for frying

Carrots:

- few Colorful carrots
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- salt and pepper

Let's do it!

Chicken breast:

Carefully cut the chicken to create a thin cutlet, about 1/2 inch thick.

In a bowl beat the eggs, add garlic, garlic powder, parsley, cilantro, salt, and pepper.

Using a pan, over medium heat add the oil, cook the chicken for 3-5 minutes per side until cooked through.

Carrots:

Preheat oven to 420 f degree.

Place the carrots on parchment paper over a baking tray, drizzle the olive oil, add dried thyme, salt, and pepper.

Insert the carrots to preheat the oven for 12 minutes.