

The Best Freaking Grilled Chicken You'll Ever Taste

INGREDIENTS

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1/3 cup extra-virgin olive oil
3 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons fresh parsley, finely chopped
2 tablespoons cilantro, finely chopped
1 teaspoon fresh thyme, finely chopped
1/2 teaspoon fresh oregano, finely chopped
1 teaspoon fresh rosemary, finely chopped
3 tablespoons lemon juice
1 tablespoon lemon zest
4 boneless, skinless chicken breasts halves
Vegetable oi

DIRECTIONS:

Mix all ingredients except chicken together in a 1-gallon ziplock bag.

Add chicken breasts and massage marinade into meat until evenly coated.

Seal the bag and place in the refrigerator. Let the chicken marinate at least 2 hours.

Preheat grill to high heat.

Lightly dip a wad of paper towels in vegetable oil and, using tongs, carefully rub over grates several times until glossy and coated.

Place chicken breasts on the grill. Grill for about 2-3 minutes per side.