



# Zesty Italian Lemon Pecorino Chicken

## Ingredients:

### For the Chicken:

4 boneless, skinless chicken breasts  
2 tbsp olive oil  
2 garlic cloves (minced)  
Zest of 1 lemon  
Juice of 1 lemon  
½ cup grated Pecorino Romano cheese  
1 tsp dried oregano  
1 tsp dried basil  
Salt and pepper to taste

### For Garnish:

Fresh parsley (chopped)  
Lemon wedges

## Instructions:

### Prepare the Chicken:

Preheat your oven to 375°F (190°C).

Pat the chicken breasts dry and season with salt and pepper on both sides.

### Sear the Chicken:

Heat olive oil in an oven-safe skillet over medium heat.

Sear the chicken breasts for 2-3 minutes on each side until golden. Remove from the skillet and set aside.

### Make the Lemon Pecorino Sauce:

In the same skillet, add minced garlic and sauté for 1 minute until fragrant.

Stir in lemon juice, lemon zest, oregano, and basil. Simmer for 1-2 minutes.

Sprinkle half of the Pecorino Romano cheese into the sauce, stirring until it begins to melt.

### Bake the Chicken:

Return the chicken to the skillet, spoon the sauce over the top, and sprinkle with the remaining Pecorino Romano cheese.

Transfer the skillet to the preheated oven and bake for 20-25 minutes, or until the chicken reaches an internal temperature of 165°F (74°C).

### Serve:

Garnish with fresh parsley and serve with lemon wedges for extra zest.

Pair with roasted vegetables, pasta, or a fresh salad for a complete meal.

This dish is bursting with bright, tangy flavors and rich cheesy goodness, perfect for a comforting yet elegant dinner! 🍋