

Lemon Garlic Roasted Chicken

Ingredients

1 tbsp lemon juice
½ tbsp Dijon mustard
1 garlic clove, grated
¼ tsp black pepper
⅛ tsp kosher salt
1½ tbsp olive oil
2x 4 oz chicken breasts

Directions

Preheat oven to 400° F. Combine lemon juice, mustard, garlic, salt, and pepper in a small bowl. Slowly whisk in olive oil. Coat chicken. Heat a small nonstick pan over medium heat. Cook chicken 3 mins on each side. Move pan to oven for 8-10 minutes. Rest 5 mins before serving.