

20-Minute Lemon Pepper Chicken Thighs or Breasts

Lemon Pepper Chicken ??



TIME
25 min

TEMP
165°F

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INGREDIENTS

4 boneless, skinless chicken thighs or breasts

2 tbsp olive oil or melted butter

1 tsp lemon zest

2 tbsp lemon juice

1 tsp black pepper

$\frac{1}{2}$ tsp salt

1 tsp garlic powder

1 tsp honey (optional)

Fresh thyme or parsley, for garnish

Ingredient Notes & Swaps:

Chicken: Thighs are juicier, but breasts work great too—just don't overcook.

Butter vs. Oil: Butter adds richness; olive oil keeps it heart-healthy.

Honey: Totally optional, but a touch adds balance to the acidity.

Add heat: A pinch of crushed red pepper flakes adds a nice kick.

Instructions:

1 Prepare the Chicken:

2 Sear to Golden:

3 Finish with Lemon:

4 Serve:

Tips for Success:

Serving Suggestions:

Garlic rice or buttered noodles

Roasted or steamed veggies

A crisp salad with vinaigrette

Mashed potatoes with herbs

Storage & Leftovers:

Fridge: Store leftovers in an airtight container for up to 3 days.

Reheat: Warm gently in a pan with a splash of water or broth to keep it juicy.

Meal prep: Slice and serve cold over salads or in wraps!

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DIRECTIONS

1. Prepare the Chicken: Pat the chicken dry with paper towels. Season with lemon zest, black pepper, salt, and garlic powder on both sides.
2. Sear to Golden: In a large skillet, heat olive oil or butter over medium heat. Add the chicken and sear for 5-7 minutes per side until golden brown and cooked through (165°F internal temp). Adjust timing based on thickness.
3. Finish with Lemon: Once the chicken is nearly done, add lemon juice and honey (if using) directly to the pan. Spoon it over the chicken as it bubbles for 1 minute.
4. Serve: Garnish with fresh thyme or parsley and serve immediately.
5. Tips for Success: ? Pat the chicken dry for the best golden crust.? Zest before juicing your lemon to make things easy.? Let the chicken rest for a few minutes before slicing to retain juices.? Double the lemon glaze if you want extra for spooning over rice or veggies.
6. Serving Suggestions: This lemon pepper chicken is ultra versatile. Pair it with:
7. Garlic rice or buttered noodles
8. Roasted or steamed veggies
9. A crisp salad with vinaigrette
10. Mashed potatoes with herbs
11. Or serve alongside this light chicken salad or Mexican chicken and rice casserole for a vibrant, flavorful combo.
12. Storage & Leftovers: Fridge: Store leftovers in an airtight container for up to 3 days.
13. Reheat: Warm gently in a pan with a splash of water or broth to keep it juicy.

14. Meal prep: Slice and serve cold over salads or in wraps!
15. More Recipes You'll Love: Craving more easy chicken dishes? Try these:
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19. These : Chicken Enchiladas Are My Go-To for Cozy, Crowd-Pleasing Dinners
20. This : Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit
21. Final Thoughts: This Lemon Pepper Chicken is bright, bold, and perfect when you need a fresh and flavorful dinner fast. It's a one-pan wonder that works year-round and always brings a smile to the table.
22. Tried it? Share your twist in the comments, snap a photo, and follow for more quick dinner ideas that actually deliver on flavor!

SWAPS & NOTES

& Swaps Chicken : Thighs are juicier, but breasts work great too-just don't overcook.

Oil : Butter adds richness; olive oil keeps it heart-healthy.

Honey : Totally optional, but a touch adds balance to the acidity.

Add heat : A pinch of crushed red pepper flakes adds a nice kick.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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