

Steamed Lemon-Garlic Chicken with Thyme

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Step 1: Preparing the Chicken

- 2 single chicken breasts, about 7 oz (200 g) each
- 1 to 2 cloves garlic
- 1 whole lemon
- 2 sprigs fresh thyme
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/8 tsp dry red chili flakes (optional)

First, set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Next, emincé the garlic. Season both sides of the chicken breast with salt and pepper to taste. Sprinkle with the garlic and chili flakes, if using. Zest the lemon over top of each breast. Remove the leaves from the thyme and sprinkle over top.

Spray the basket lightly with oil or line it with perforated parchment. Place the chicken breasts into the basket.

Step 2: Steaming the Chicken

- extra-virgin olive oil (optional)

Once the water comes to a simmer, place the basket over the water and cover with a lid.

Let the chicken steam for 5 to 10 minutes or until just cooked through.

Once done, remove from the steaming basket and plate. You can squeeze fresh lemon juice over top, along with a drizzle of extra-virgin olive oil, if desired.

Serve with Steamed Kale and steamed baby potatoes, if desired.