

## Grilled Chicken with Sautéed Vegetables



Shall we have another quick meal? Grilled chicken recipe can be very easy, fast and cheap!

Here's a super light recipe you can make for your next lunch. Especially if you have little time to spend in the kitchen.

## Ingredients

- 2 boneless, skinless chicken breasts;
- 1 medium zucchini, cut into thin slices;
- 1 medium carrot, cut into thin sticks;
- 1 red bell pepper, cut into strips;
- 1 medium onion, cut into half moons;
- 2 tablespoons of olive oil;
- 2 minced garlic cloves;
- Salt and pepper to taste;
- Juice of 1 lemon;
- Fresh herbs to taste (such as basil, parsley or thyme) to finish.

## Preparation instructions

Season the chicken breasts with salt, pepper and half the lemon juice. Let it marinate while you prepare the vegetables.

In a large skillet, heat a tablespoon of olive oil over medium heat. Add the zucchini, carrots, peppers and onions. Cook for about 5-7 minutes, stirring occasionally, until the vegetables are tender but still crunchy. Remove the vegetables from the skillet and set aside.

In the same skillet, add the remaining tablespoon of olive oil. Add minced garlic and saute for about 1 minute until fragrant.

Place the chicken breasts in the skillet and cook for about 6-8 minutes on each side, or until they are cooked through and no pink remains.

Return the vegetables to the skillet with the chicken and mix everything gently. Drizzle with the remaining lemon juice and finish with the fresh herbs.

Serve the grilled chicken with sautéed vegetables immediately, accompanied by rice, quinoa or salad, whichever you prefer.

This recipe is perfect for a quick, healthy lunch. It combines the succulence of grilled chicken with the crunchy texture of sautéed vegetables, creating a balanced and delicious meal. In addition, you can customize the vegetables according to what you have available in your pantry or fridge.

## Video Tutorial

If you prefer to watch instead of reading, we have separated a video for you to learn how to make your grilled chicken!



<https://tastyculinaryjourney.info>