



# Spider Demo Kitchen

## Oregano Lemon Chicken

yield: 3-4 servings



### Ingredients:

1 lb	Boneless, skinless chicken breast
2 TBSP	Olive oil, plus more for drizzling
1 TBSP	Balsamic vinegar
1 tsp	Paprika
2 tsp	Dried oregano
1 each	Small shallot, chopped
1 each	Garlic clove, minced or grated
1/2 each	Lemon, zested and juiced
1 tsp	Kosher salt
Pinch	Red pepper flakes

### Instructions:

1. Cut chicken breast into bite size pieces.
2. In a mixing bowl, combine all ingredients and toss to combine well. Marinate for at least 15 minutes or up to overnight in the fridge.
3. If using grill pan or skillet, set to medium high heat. Drizzle olive oil in the pan, add chicken and cook, turning occasionally until lightly charred and cooked through, about 10-12 minutes total.
4. If roasting, preheat your oven to 400F. Line a baking sheet with parchment paper. Arrange chicken in a single layer on the pan. Bake for 20-30 minutes, turning once or twice throughout cooking.

Note: you can string these on skewers and make kabobs!

**UR Dining**



# Spider Demo Kitchen

## Oregano Lemon Chicken

yield: 3-4 servings



### Ingredients:

1 lb	Boneless, skinless chicken breast
2 TBSP	Olive oil, plus more for drizzling
1 TBSP	Balsamic vinegar
1 tsp	Paprika
2 tsp	Dried oregano
1 each	Small shallot, chopped
1 each	Garlic clove, minced or grated
1/2 each	Lemon, zested and juiced
1 tsp	Kosher salt
Pinch	Red pepper flakes

### Instructions:

1. Cut chicken breast into bite size pieces.
2. In a mixing bowl, combine all ingredients and toss to combine well. Marinate for at least 15 minutes or up to overnight in the fridge.
3. If using grill pan or skillet, set to medium high heat. Drizzle olive oil in the pan, add chicken and cook, turning occasionally until lightly charred and cooked through, about 10-12 minutes total.
4. If roasting, preheat your oven to 400F. Line a baking sheet with parchment paper. Arrange chicken in a single layer on the pan. Bake for 20-30 minutes, turning once or twice throughout cooking.

Note: you can string these on skewers and make kabobs!

**UR Dining**