

COOKING WITH CHRIS!

Garlic and Herb Chicken



Ingredients

The Meat Shop's Boneless Skinless Chicken Breast (1.25-2# package two breasts)

Meat Church Garlic and Herb Seasoning from **The Meat Shop**

Cherry Tomatoes for garnish

Prep Time: 5 minutes

Yield: 4 Chicken Breast

Cook Time: 6-8 minutes

Process

Purchase 1.5-2# pack (2 breasts) of **The Meat Shop's Boneless Skinless Chicken Breast**

Unwrap package and cut each breast on the side so that you butterfly them open (optional)

Finish cutting through breast so that each breast now becomes two (optional)

Season each side of the now four breasts generously with Meat Church Garlic and Herb Seasoning from **The Meat Shop**

Leave seasoned breasts on counter for 30 min-1 hour

Heat Grill to 300-325 degrees

Place chicken on grill. Grill for 2 minutes

Rotate chicken counterclockwise 25 degrees and cook for an additional 2 minutes

Flip chicken and repeat the above two steps

Remove from grill when chicken breasts have reach a minimum of 165 degrees internally for a minimum of 15 seconds

Plating

Place on plate and add two cherry tomatoes for garnish

YUM!!!

ENJOY!!!!