



Lemon-Garlic Chicken with Spinach Rice & Roasted Broccoli

Bright • Fresh • Family Friendly • Budget Friendly

Serves- 4

LEMON-GARLIC CHICKEN

Ingredients

- 1½ lbs boneless, skinless chicken thighs
- 1 tbsp olive oil
- 1 tsp 1PL8 Herb Salt™
- 1 tsp smoked paprika
- ½ tsp black pepper
- 1 tsp dried oregano
- 2 garlic cloves, minced
- Zest of 1 lemon
- Juice of ½ lemon
- Fresh parsley, for finishing

Method

1. Pat chicken dry and season with Herb Salt™, paprika, black pepper and oregano.
2. Heat olive oil in a large skillet over medium-high heat.
3. Add chicken and cook until beautifully browned and cooked through, about 5–7 minutes per side depending on thickness.
4. Add garlic during the final minute of cooking.
5. Finish with fresh lemon juice and lemon zest.
6. Remove from heat and sprinkle with fresh parsley.
7. Let rest a few minutes before serving.

Chef Rich Tip

Don't drown the chicken in lemon juice before cooking. A little goes a long way. We want bright lemon flavor without washing away that beautiful crust.



SPINACH RICE

Ingredients

- 1½ cups long-grain brown rice
- 3 cups low-sodium chicken or vegetable broth
- 2 cups fresh baby spinach, roughly chopped
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp 1PL8 Herb Salt™
- Zest of ½ lemon
- 2 tbsp fresh parsley, chopped

Method

1. Cook brown rice according to package directions using broth instead of water.
2. While the rice is hot, stir in olive oil, garlic, Herb Salt™, lemon zest and spinach.
3. Cover for 1–2 minutes to allow the spinach to wilt.
4. Fluff with a fork.
5. Finish with fresh parsley.

Chef Rich Tip

"Don't overcook your spinach. We want it bright green and fresh—not something that looks like it has been sitting around since last Tuesday."

ROASTED BROCCOLI

Ingredients

- 1½ lbs broccoli florets
- 1½ tbsp olive oil
- ½ tsp 1PL8 Herb Salt™
- ½ tsp garlic powder
- Black pepper
- Lemon wedges

Method



1. Heat oven to **425°F**.
2. Toss broccoli with olive oil and seasonings.
3. Spread in a single layer on a sheet pan.
4. Roast for approximately 15–20 minutes, until tender with browned, crispy edges.
5. Finish with fresh lemon juice.

Chef Rich Tip

Don't crowd the pan.

Give those broccoli florets some room. "We want roasted broccoli—not broccoli taking a steam bath."

The Marinade

Ingredients

- ¼ cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 3 garlic cloves, finely minced
- 1 tablespoon fresh parsley, finely chopped
- 1 teaspoon dried oregano
- ¾ teaspoon 1PL8 Herb Salt™, or to taste
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon fresh lemon zest, optional, for extra citrus flavor

Instructions

1. Prepare the lemon.
 1. Zest the lemon first if using, then squeeze out 2 tablespoons of fresh juice.
2. Combine the ingredients.
 1. In a small bowl, whisk together the olive oil, lemon juice, garlic, parsley, oregano, 1PL8 Herb Salt™, black pepper, and optional lemon zest.
3. Marinate the chicken.
 1. Place four boneless, skinless chicken breasts in a food-safe dish or resealable bag. Pour the marinade over the chicken and turn to coat evenly.
4. Refrigerate.
 1. Marinate for 30 minutes to 2 hours for good flavor. Keep refrigerated while marinating.
5. Cook.
 1. Remove the chicken from the marinade and grill or cook using your preferred method until the thickest part reaches 165°F.
 2. Discard marinade that has contacted raw chicken.