



## Lemon & Oregano Marinated Chicken Maryland

Serves: 1  
Prep time: 5 Minutes  
Marinate: 30 Minutes  
Cooking time: 40 Minutes

### Ingredients:

- 1 chicken maryland
- 1 tablespoon oil
- ½ tablespoon lemon zest
- 1 teaspoon grated garlic
- 1 tablespoon fresh oregano leaves, roughly chopped
- salt & pepper



*Roast dinner for one. This succulent chicken has flavour plus especially when paired with baked vegetables or your favourite salad. **Enjoy!***

### Method:

- **Preheat oven 200°c**
  - Combine oil, lemon zest, garlic, and oregano leaves together, then rub all over the chicken
  - Refrigerate for 30 minutes
  - Place chicken onto a baking tray and cook in preheated oven for approximately 35-40 minutes or until chicken is cooked through. Stand chicken for 10-15 minutes before serving
  - **Serve with baked vegetables or my [Roasted Pumpkin and Pine Nut Salad](#) Enjoy!**
1. I like to use my small oven when cooking small amounts
  2. Roast your vegetables, with the chicken. (if having them)
  3. You can always cook more chicken for a spare dinner later in the week.