- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Marinate Time: 30 minutes (minimum)
- Total Time: 1 hour
- Servings: 4
- Intensity Level: Easy / Beginner

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Ingredients

For the Chicken & Marinade:

- 4 boneless, skinless chicken breasts (about 1.5 lbs / 680g)
- 1/4 cup olive oil
- 4 cloves garlic, minced (about 1 tablespoon)
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano

- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes (optional, for heat)

For the Cheesy Topping:

- 1 cup shredded low-moisture mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fresh parsley, chopped (for garnish)

Instructions

Step 1: Marinate the Chicken (Intensity: Low)

1. Pat the chicken breasts dry with paper towels. If they are very thick, you can slice them horizontally to create thinner cutlets (this helps them cook evenly). Place them in a large zip-top bag or a shallow glass dish.
2. In a small bowl, whisk together the olive oil, minced garlic, lemon juice, oregano, basil, salt, black pepper, and red pepper flakes.
3. Pour the marinade over the chicken, turning to coat evenly. Seal the bag or cover the dish and refrigerate for at least 30 minutes (up to 2 hours for maximum flavor).

Step 2: Preheat & Prep (Intensity: Low)

1. Preheat your grill to medium-high heat (400°F – 450°F / 200°C – 230°C) . If using a grill pan on the stove, heat it over medium-high heat until smoking slightly.

2. Lightly oil the grill grates to prevent sticking.

3. In a small bowl, mix the shredded mozzarella and Parmesan cheese together. Set aside.

Step 3: Grill the Chicken (Intensity: Medium)

1. Remove the chicken from the marinade and let any excess drip off. Discard the remaining marinade.

2. Place the chicken on the hot grill. Grill for 6-7 minutes per side (depending on thickness), or until the internal temperature reaches 165°F (74°C) .

3. Important: Do not press down on the chicken with a spatula; this squeezes out the juices. Let the grill marks develop.

Step 4: Add the Cheese (Intensity: Medium)

1. Once the chicken is cooked through, reduce the grill heat to low (or move the chicken to a cooler part of the grill) .

2. Spoon the mozzarella-Parmesan mixture generously over the top of each chicken breast.

3. Close the grill lid and cook for 2-3 minutes, or until the cheese is fully melted and bubbly. *Note: If your grill doesn't have a lid, cover the chicken with a metal bowl or foil tent to trap the heat.*

Step 5: Rest & Serve (Intensity: Low)

1. Carefully remove the chicken from the grill using tongs.

2. Transfer to a serving platter and let rest for 5 minutes (this allows the juices to redistribute).

3. Garnish with fresh chopped parsley and serve hot.

Recipe Notes & Tips

- No Grill? No Problem: You can make this in the oven! Preheat your oven to 400°F (200°C) . Sear the chicken in an oven-safe skillet over medium-high heat for 3-4 minutes per side. Then transfer the skillet to the oven and bake for 10-12 minutes, or until the chicken reaches 165°F. Add the cheese in the last 3 minutes of baking.

- Cheese Variation: Try using smoked mozzarella or a Monterey Jack blend for a different flavor profile.

- Make it a Meal: Serve alongside a fresh garden salad, grilled asparagus, or over a bed of cauliflower rice.

Nutrition Information (Per Serving)

Disclaimer: Nutritional values are estimates and will vary based on exact ingredients and portion sizes.

- Calories: 380 kcal

- Total Fat: 21g

- Saturated Fat: 7g

- Cholesterol: 115mg
- Sodium: 520mg

- Total Carbohydrates: 2g
- Dietary Fiber: 0g
- Total Sugars: 0g
- Protein: 43g