

HOW TO MAKE ROBERT IRVINE'S

HERB-ROASTED CHICKEN



INGREDIENTS

3 sprigs of rosemary

3 sprigs of oregano

3 sprigs of thyme

1 lemon, zested and juiced

1 tbsp grapeseed oil

2 cloves garlic, minced

1 tsp black pepper

4 chicken breasts, skinless

SERVES
4

*[Scale the ingredients
for your family and friends.]*

- 1 In a food processor add rosemary, oregano, thyme, lemon juice, grapeseed oil, and garlic. Puree.
- 2 In a mixing bowl add lemon zest, pepper, and chicken breast.
- 3 Cover chicken with herb mixture and refrigerate.
- 4 Season chicken breast with salt and place on a hot grill.
- 5 Cook for about 8 minutes on each side or until the chicken has reached an internal temperature of 165 degrees.
- 6 Don't forget Pure Life® water!



Make the recipe and share with
#PureLifeSummerChallenge

