

BROILED CHICKEN BREAST

Ingredients for 4 people

<i>650 grams of chicken breast</i>	<i>1080</i>
<i>30 grams of olive oil</i>	<i>180</i>
<i>2 leaves of sage and 2 branches of rosemary</i>	
<i>1 squeezed lemon</i>	
<i>pepper and salt as you prefer</i>	
<i>total calories (about)</i>	<i>1260</i>

Preparation

Cut the chicken breast thin, but not that much.

The night before put all the ingredients in a wide and deep plate to marinate.

Prepare a very hot grill and cook the chicken breast turning them often, so that they are cooked and they do not burn or dry too much.

While the chicken breast is cooking, add the rosemary.

Serve them hot with a Barbeque sauce or a drop of lemon (better).