

GARLIC SOY CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY
Soy Sauce	½ Cup
Garlic Cloves, Minced	4
Chicken Breasts, Skinless, Boneless	4



PREPARATION

- In a large bowl, combine the minced garlic and soy sauce.
- Add the chicken breasts to the marinade, ensuring they are fully coated.
- Cover or seal and refrigerate for at least 30 minutes, or up to 4 hours for a deeper flavor.
- Remove the chicken from the refrigerator about 15 minutes before cooking to let it come to room temperature. This helps in cooking the chicken evenly.
- Preheat the grill to medium-high heat. Grill the chicken breasts for about 6-8 minutes on each side, or until fully cooked.
- Once cooked, remove the chicken from the heat and let it rest for a few minutes before slicing. This helps retain the juices, making the chicken more tender and flavorful.
- Enjoy!