

Parsley, Sage, Rosemary and Thyme Roasted Chicken Breasts

Ingredients

1 tablespoon fresh parsley, finely chopped
1 tablespoon fresh sage, finely chopped
1 tablespoon fresh rosemary, finely chopped
1 tablespoon fresh thyme, finely chopped
4 cloves of garlic, finely chopped
2 lemons, each cut in half
1 ½ sticks butter, room temperature
4 split chicken breasts, with the skin and bone (about 1 ¼ pounds each)
Seasoned salt and freshly ground black pepper
Olive oil
Fresh sprigs of parsley, sage, rosemary and thyme for garnish

Instructions

Preheat oven to 375° F.

Rinse the chicken breasts under cold running water and pat dry with paper towels. Place on a rimmed baking sheet.

Use a fork to mash the butter. Finely chop the fresh herbs. Chop the garlic. Mix the fresh herbs and the garlic into the softened butter. Divide the butter mixture into 4 equal parts.

Carefully run your fingers between the chicken skin and breast meat, separating the two from each other to create a pocket.

Using your hands, spread the herb butter mixture underneath the skin, making sure the butter mixture is evenly distributed on the chicken meat under the skin.

Drizzle each stuffed breast with the juice from ½ of a lemon. Place the ½ lemon under each breast.

Drizzle each stuffed breast with olive oil.

Sprinkle with seasoned salt and freshly ground pepper.

Bake at 375° F for 45 minutes. Move the baking sheet closer to the top of the oven and broil for just a minute or two to finish crisping the chicken skin. Let the chicken rest for 10 minutes before serving.

Generously garnish with fresh sprigs of parsley, sage, rosemary and thyme.