

Middle Eastern Lemon, Herb and Garlic Chicken

INGREDIENTS

For the Chicken

- 6 chicken breasts or thighs
- 7 garlic cloves, minced
- Juice and zest of 2 lemons
- 4 tablespoons extra-virgin olive oil, (plus more for searing)
- 4 tablespoons minced fresh flat leaf (Italian) parsley
- 4 tablespoons minced fresh mint
- 2 tablespoon minced fresh thyme
- 2 tablespoon minced fresh oregano
- 1 ½ teaspoons kosher salt, more as needed
- 1 tablespoon sesame seeds
- ¾ teaspoon sumac, more for garnish (optional)



For the Yogurt Sauce

- ¾ cup plain Greek yogurt, preferably whole milk yogurt
- Zest of 1 lemon
- 2 garlic clove, minced
- Drizzle of olive oil

PREPARATION

In a large glass, ceramic or stainless steel bowl, combine chicken with 7 cloves of minced garlic, the zest and juice of 2 lemons, oil, parsley, mint, thyme, oregano, salt, sesame seeds and sumac. Make sure all pieces are completely covered in this marinade by tossing the chicken with your hands. Cover and marinate for 8 hours in the refrigerator; you can marinate it for up to 24 hours.

Preheat Oven to 425 degrees.

Heat a large cast iron or enameled cast iron skillet to medium high. Once hot add enough olive oil to lightly coat the skillet. Make sure the oil is hot. Please chicken in hot skillet skin side down to sear. Leave it alone for 4 to 5 minutes and then flip and sear for an additional 4 to 5 minutes. Remove and place on a lipped baking sheet skin side up until all pieces are seared. If your skillet is large enough to hold all your chicken you can place chicken back in skillet to bake for 30-40 minutes. (Otherwise the baking sheet is fine) Juice should run clear (internal temperature 165 degrees).

While chicken cooks, place yogurt in a small bowl. Stir in the minced garlic, lemon zest, olive oil and season to taste with salt.

Serve the chicken alongside the Yogurt Sauce.

Note About Chicken: I always use chicken with skin and bone because in my opinion it is more flavorful and prevents the meat from drying out. If my guests prefer (and I always ask) I will remove the skin and debone for them. (I do it for Gary all the time because bones gross him out). Feel free to use boneless/skinless if you are so inclined but I would marinate overnight if that were the case.