

Grilled Chicken with Caper Sauce



Enjoy a light yet flavorful meal with this Grilled Chicken with Caper Sauce, where the tangy zest of capers complements the succulent grilled chicken. It's a perfect dish for a keto-friendly lunch that's both satisfying and easy to prepare.

Ingredients for 2 serving (US/Metric)

- 640g / 22.6oz **Chicken breast**
- 4.5 *tbsp* **Olive oil**
- 4 *tbsp* **Lemon juice**
- 14.5 *tsp* **Capers**
- 22.5 *tsp* **Fresh parsley**
- **Garlic Cloves**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 52%
- **Fat:** 46%
- **Net carbs:** 2%

Instructions

- **Preheat Grill:** Preheat your grill to medium-high heat.
- **Prepare Chicken:** Brush the chicken breasts with olive oil and season with salt and pepper.
- **Grill Chicken:** Grill the chicken for about 6-7 minutes per side, or until fully cooked and internal temperature reaches 165°F (75°C).
- **Make Caper Sauce:** While the chicken is grilling, combine lemon juice, capers, parsley, minced garlic, and a tablespoon of olive oil in a small bowl.
- **Serve:** Place grilled chicken on plates and spoon caper sauce over the top. Garnish with extra parsley if desired.