

Lemon Basil Chicken

Basil chicken with lemon is an easy one pan skillet meal packed with fresh flavors! This easy chicken recipe is fresh, healthy, cooks in a single skillet, and is ready to eat in 20 minutes! Serve with rice for a quick and easy weeknight dinner.

<https://www.wellplated.com/lemon-basil-chicken/>

Prep: 15 mins / **Cook:** 15 mins / **Total:** 30 mins / **Serves:** 4

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ large yellow onion *finely chopped, about 1 cup*
- 4 cloves garlic *minced*
- 1 ½ pounds boneless skinless chicken breasts, *cut into 3/4-inch pieces*
- 2 tablespoons low-sodium soy sauce
- ¼ teaspoon ground black pepper
- 5 cups loosely packed baby spinach *about 5 ounces*
- 1 tablespoon lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 2 cups fresh basil leaves
- Kosher salt and pepper *to taste*
- Prepared brown rice *for serving*



Instructions

- In a large skillet, heat the olive oil over medium. Once hot, add the onion and cook, stirring often, until softened, about 4 minutes. Add the garlic and cook until fragrant, about 30 additional seconds.
- Add the chicken, increase the heat to medium high, and let cook for 3 minutes, browning all sides. Stir in the soy sauce and black pepper. Let cook until the chicken is completely cooked through, about 3 minutes longer.
- Stir in the spinach a few handfuls at a time, letting the heat of the pan wilt it as you go. Stir in the lemon zest, lemon juice, and basil. Cook and stir just until the basil is wilted, about 1 additional minute. Taste and season with additional salt or pepper as desired. Serve warm with rice as desired.

Note... Store leftovers in the refrigerator for up to 4 days.