

Lemon, Garlic and Herb Roasted Turkey Breast



This roasted boneless turkey breast turns out juicy, delicious and is simple to prepare. The turkey breast gets so much flavor from the lemon, garlic and herb marinade and butter.

Ingredients

- 1 boneless turkey breast (about 3 lbs.)
- 4–6 tablespoons butter, softened to room temperature
- 4–6 garlic cloves, minced
- 1–2 tablespoons minced fresh herbs, such as parsley, thyme, sage, rosemary, etc.
- 1/2 to 1 teaspoon lemon zest
- 1 to 2 teaspoons lemon juice
- Salt and ground black pepper

Instructions

1. Season the turkey breast with salt and ground black pepper on all sides.
2. Melt 1/2 tablespoon of butter in a skillet and sauté the minced garlic in it for about a minute, until fragrant and starts to turn lightly golden.
3. Put garlic in medium bowl with lemon zest, lemon juice, and minced fresh herbs. Mix to combine.

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Page 2

4. Rub garlic herb butter on underside of the turkey and under the skin. Use kitchen twine to tie around turkey to keep it in neat package and to cook evenly. Rub the remaining herb butter mixture on top of turkey breast. For best results, leave the turkey to marinate overnight, but you can also roast it immediately.
5. Preheat oven to 375 degrees Fahrenheit. Place turkey on a rimmed baking sheet or baking pan and cook until turkey reaches 165 degrees Fahrenheit with instant-read thermometer. 3 lbs. boneless turkey breast should take about 1 hour to roast.
6. Allow turkey to rest for about 10 minutes before removing kitchen twine and slicing to serve.
7. You can butterfly the turkey by cutting into the thickest portion of the turkey breast, keeping the knife 1/2 inch above the cutting board and stopping 1/2 inch from the edge of the breast. Open it like a book. Pound the turkey breast gently to get an even thickness. Then roll up the turkey breast before tying it up with kitchen twine.
8. You can also use a bone-in turkey breast for this recipe. Season the turkey breast on both sides with salt and pepper. Rub the lemon herb butter under skin and on top of the skin. You will not need kitchen twine for the bone in turkey. Continue with the rest of the recipe as directed.