Chicken Breast Bake Time

Chicken Breast Bake Time uses thermometer-led oven timing. Follow the numbered method and check chicken for 165°F (74°C); listed times are estimates, not proof of doneness.



Prep	Cook	Additional	Total	Servings
10 min	30 min	5 min	45 min	4

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts / 680 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon sweet paprika

Instructions

1. Heat oven to 400°F (200°C); use the center rack.

2. Flatten breasts to an even 3/4 inch and pat dry.

3. Rub with oil, salt, pepper and paprika; space in a shallow pan.

4. Bake approximately 22 to 30 minutes, starting checks at 20 minutes, and continue until every breast reaches 165°F (74°C).

5. Rest 5 minutes. Thickness, starting temperature and oven accuracy change bake time; bone-in breasts require a different method.

Time, Temperature & Doneness

Use a thermometer in the thickest part of each chicken portion to verify 165°F (74°C). Avoid bone; check several large pieces for cubes or strips. Check stuffed filling centers too. Color, browning and clear juices are not reliable safety tests.

Ingredient Notes & Substitutions

Timing: The range applies to thawed boneless breasts about 3/4 inch thick.

Thermometer: Probe the thickest center.

Tips for Success

Check early.

Record thickness with time.

Remove portions individually when done.

Common Mistakes to Avoid

Treating bake time as proof of safety.

Using this range for bone-in meat.

Skipping thickness checks.

Recipe Variations

425°F oven: Begin checks earlier; still reach 165°F (74°C).

Thin cutlets: Use a shorter cutlet-specific method.

Herb: Replace paprika with thyme.

Serving Suggestions

Divide into the stated servings; add separately prepared rice, potatoes or vegetables if desired. Side dishes are not included in the ingredient quantities.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow an older ingredient’s original deadline; combining foods does not restart the storage clock.

Freezing

Freeze promptly cooled cooked chicken airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer but texture declines.

Reheating

Reheat chicken covered at 350°F (175°C), with a small splash of water or broth where appropriate, until the center reaches 165°F (74°C). Check more than one portion. Bring leftover sauces to a boil, then avoid prolonged cooking; do not reheat in a slow cooker.

Frequently Asked Questions

How long does chicken breast take to bake?
At 400°F (200°C), these thawed 3/4-inch boneless portions often need 22 to 30 minutes; temperature determines completion.

What ingredient detail matters most?
The range applies to thawed boneless breasts about 3/4 inch thick.

Can I make it ahead?
Prepare ingredients in the refrigerator; cooked leftovers must be chilled promptly and used within their storage limits.

How do I know the chicken is safe?
Measure 165°F (74°C) in each thickest portion; estimated time and appearance are not enough.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - thickness and oven timing

FoodSafety.gov - safe poultry and leftover temperatures

USDA FSIS - leftovers, chilling and reheating

FoodSafety.gov - cold storage limits