Baked Chicken Breast

Prep 10 min | Cook 25 min | Extra 5 min

Total 40 min | Serves 4 | Difficulty: Easy



INGREDIENTS

4 boneless skinless chicken breasts, 6 oz (170 g) each
1 tbsp (15 ml) olive oil
1 tbsp (15 ml) lemon juice
1 tsp (2 g) sweet paprika
1/2 tsp (1.5 g) garlic powder
3/4 tsp (4.5 g) fine salt
1/4 tsp (0.5 g) black pepper
2 tbsp (8 g) chopped parsley

METHOD

1. Heat oven to 425°F (220°C). Line a rimmed tray. Pat chicken dry and flatten the thick ends to an even 3/4 inch (2 cm).
2. Mix oil, lemon juice, paprika, garlic powder, salt and pepper. Coat chicken on all sides and arrange apart.
3. Bake about 20-25 minutes, beginning temperature checks at 18 minutes. Every breast must reach 165°F (74°C) in its thickest part.
4. Rest 5 minutes, scatter parsley over the chicken and slice across the grain.

TIPS & SERVING

Pound the thick ends to about 3/4 inch (2 cm). Use thawed chicken; much larger breasts need a longer bake.
Serve with rice and steamed green beans.
Variations: Herb: replace paprika with 1 tsp dried oregano. Smoky: use smoked paprika. Lime: replace lemon juice with the same amount of lime juice.

STORAGE & REHEATING

Refrigerate within 2 hours (1 hour above 90 F / 32 C). Keep at 40 F (4 C) or colder; use within 3-4 days. Freeze airtight portions up to 2 months; thaw in the refrigerator. Reheat a covered portion in a 350°F (175°C) oven until the thickest chicken center reaches 165°F (74°C). Add a splash of broth if dry and uncover briefly at the end.

Use a food thermometer: every thick chicken portion must reach 165 F (74 C). Cooking times are estimates.