Baked Chicken Breast

Mustard and thyme give baked chicken breast a savory coating with very little preparation. Even 3/4-inch thickness and a thermometer are the keys to avoiding dry edges.



PREP	COOK	TOTAL	SERVES	LEVEL
10 min	30 min	45 min	4	Easy

INGREDIENTS

- 4 boneless skinless chicken breasts (about 6 oz / 170 g each)
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 g) plain yellow mustard
- 1 tsp (1 g) dried thyme
- 1/2 tsp (2 g) onion powder
- 1/2 tsp (1 g) paprika
- 3/4 tsp (4.5 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (4 g) chopped parsley

VARIATIONS Lemon: add 1 tsp lemon zest to the coating.
Oregano: replace thyme with 1 tsp dried oregano.
Garlic: replace onion powder with 1/2 tsp garlic powder.

NOTE Use plain yellow mustard and breast portions of similar thickness. An even 3/4-inch (2 cm) thickness matters more than the original weight of each breast.

DIRECTIONS

1. Heat oven to 375°F (190°C). Pat breasts dry and flatten the thick ends to about 3/4 inch (2 cm).
2. Mix oil, mustard, thyme, onion powder, paprika, salt and pepper. Rub over both sides of the chicken.
3. Place pieces apart in a shallow baking dish. Bake about 25-30 minutes, beginning temperature checks at 20 minutes.
4. Remove each breast when its center reaches 165°F (74°C). Rest 5 minutes and scatter parsley over the top.

FOOD SAFETY & STORAGE Refrigerate leftovers within 2 hours in shallow covered containers at 40°F (4°C) or colder; use within 3–4 days. Reheat ground chicken to 165°F (74°C); freeze airtight portions for up to 2 months.