Chicken Breasts

Oven-baked chicken breast seasoned with paprika, garlic and parsley

SERVES 4	PREP 15 MIN	COOK 25 MIN



INGREDIENTS

Chicken
1 1/2 lb (680 g) boneless, skinless chicken breast
1 tbsp (15 ml) olive oil

Seasoning
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper
1 tsp (2 g) paprika
1 tsp (3 g) garlic powder
1 tsp (1 g) dried parsley

To serve
Green salad, steamed vegetables or bread

METHOD

1. Heat the oven to 425°F (220°C). Pound the chicken to an even 3/4 inch thickness.

2. Coat the chicken with olive oil, salt, pepper, paprika, garlic powder and dried parsley.

3. Arrange on a lined baking tray. Bake for 20-25 minutes, checking the thickest part of each breast; cook longer if needed until it reaches 165°F (74°C).

4. Rest the chicken on a clean plate for 5 minutes before slicing and serving.

Tips Keep raw poultry and its utensils separate from ready-to-eat foods. Use a food thermometer; color and time alone are not reliable doneness checks. **Storage** Refrigerate in a shallow covered container within 2 hours and use within 3-4 days. Freeze cooked portions up to 2 months. Reheat chicken and cooked sides to 165°F (74°C).