Simple Chicken

Lemon, thyme, and garlic season tender baked chicken breast, with easy pan juices for serving.

30 min	10 min	20 min	4 servings
TOTAL	PREP	COOK	YIELD



Finished dish • one serving

Ingredients

- 1 1/2 lb (680 g) boneless, skinless chicken breast
- 1/2 tsp (3 g) salt
- 2 tbsp (30 ml) lemon juice
- 2 garlic cloves (6 g), minced
- 1 tbsp (15 ml) olive oil
- 1/4 tsp (0.5 g) black pepper
- 1 tsp (1 g) dried thyme

Method

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

02 Mix olive oil, lemon juice, thyme, garlic, salt, and pepper. Coat chicken evenly with the mixture.

03 Place chicken in one layer in a shallow baking dish.

04 Bake about 18-22 minutes, until the thickest part of every breast reaches 165°F (74°C).

05 Rest 5 minutes, then slice across the grain. Spoon a little pan juice over the chicken.

Why it works

Pounding chicken to an even thickness helps it cook at the same rate. The lemon, garlic, and thyme season the meat and make simple pan juices.

Doneness & tips

- Use a thermometer rather than judging by color.
- Pound evenly, but avoid making the chicken very thin.
- For a twist, replace thyme with oregano, add extra black pepper, or use lime instead of lemon.

Easy variations

- Herb: replace thyme with oregano.
- Peppery: add 1/4 tsp black pepper.
- Citrus: replace lemon juice with lime juice.

Serve, store & reheat

Serve hot in four portions. Pair with a green salad or your preferred side.

Refrigerate in a shallow covered container within 2 hours (within 1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Count any prior storage time of cooked chicken. Freeze cooled portions airtight for up to 2 months for best quality; thaw in the refrigerator.

Reheat leftovers to 165°F (74°C) throughout. Use a covered oven dish at 350°F (175°C) or gently warm in a saucepan with a splash of water. Check several spots.

Quick FAQ

Can I prepare this ahead? Mix the seasoning and refrigerate it; coat and bake the chicken as directed.

How can I check the chicken is done? Insert a food thermometer into the thickest part; it must reach 165°F (74°C).

Food safety: Keep raw chicken separate from ready-to-eat foods; wash hands and utensils after handling. Check every thick piece with a thermometer and confirm 165°F (74°C). Original recipe formulation; cooking times are estimates.