



Choco Fever Dream

Oven Baked Chicken Breast – Juicy Every Time

10 min

Prep time

4

Servings

22 min

Cook time

Easy

Difficulty

32 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 4 boneless, skinless chicken breasts (approximately 6 oz each)
- ☐ 2 tablespoons olive oil

Seasoning Rub

- ☐ 1 teaspoon salt

- ☐ 1/2 teaspoon black pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon smoked paprika
- ☐ 1 teaspoon dried Italian seasoning

Instructions

- 1** Start by preheating your oven to 425°F (220°C). I like to line my baking sheet with parchment paper and set a wire rack on top—it just keeps things cleaner and lets the air move around.
- 2** Now, take a few paper towels and pat the chicken breasts dry. Honestly, this is the secret to avoiding that steamed look; you want them dry so they can actually roast.
- 3** Drizzle each breast with olive oil. Just rub it in gently so the surface is lightly coated and ready for the spices.
- 4** In a small bowl, stir together your salt, black pepper, garlic powder, smoked paprika, and dried Italian seasoning until it's all well mixed.
- 5** Generously rub that spice mixture onto both sides of every chicken breast. I mean, don't be shy—make sure every bit is evenly coated.
- 6** Arrange the breasts on your wire rack. Make sure they have a bit of space between them so the heat can circulate freely.
- 7** Bake for 20-22 minutes. You're looking for an internal temperature of 165°F (74°C) and clear juices. Wow, keep an eye on the edges; if they brown too fast, just tent them loosely with some foil.
- 8** Take them out and move them to a plate immediately. Tent them loosely with foil for 5 minutes. Look, this resting step is non-negotiable if you want those juices to stay put.

- 9 If you're in the mood, slice the rested chicken against the grain. Use a sharp knife here—it keeps the edges clean and looks much nicer.
- 10 To finish, just sprinkle on some fresh chopped parsley or a little squeeze of lemon juice for that bright pop of flavor, then plate it up.

Nutrition per serving

280 kcal

Calories

30 g

Protein

3 g

Carbs

11 g

Fat

Tips & notes

- Using a wire rack prevents the bottom of the chicken from getting soggy.
- Patting the meat dry is essential for a better crust.
- The resting period is what truly separates juicy chicken from dry chicken.