

Choco Fever Dream

Oven Baked Chicken Breast – Quick & Easy Recipe

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skin-less chicken breasts (about 6 oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp garlic powder
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp dried thyme
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper

Lemon-Parsley Sauce

- [ ] 1 tbsp lemon zest
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tbsp chopped fresh parsley (optional)

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). It's always better to let it get nice and hot before the chicken goes in.
2. Now, take a few paper towels and gently pat those 4 boneless, skin-less chicken breasts dry. I've found this makes a real difference. Place them on a baking sheet lined with foil or parchment paper so you don't have a mountain of scrubbing later.
3. In a small bowl, whisk together the 2 tbsp olive oil, 1 tsp garlic powder, 1 tsp smoked paprika, 1 tsp dried thyme, 1 tsp salt, and ½ tsp black pepper. It smells wonderful already, doesn't it?
4. Using a pastry brush, brush that seasoning mixture evenly over both sides of each breast. Just a thin, even coat is all you need—no need to overdo it.
5. Pop them in the oven and bake for 12–15 minutes. Then, carefully flip the breasts over and bake for another 10–12 minutes. You're looking for an internal temperature of 165°F (74°C).
6. Take the chicken out and tent it loosely with some foil. Now comes the hard part: let it rest for 5 minutes. Honestly, this is where the magic happens and the juices redistribute.
7. While the chicken is resting, zest one lemon and squeeze the juice into a small bowl. Whisk in that 1 tbsp lemon zest and 2 tbsp chopped fresh parsley if you're using it.
8. Slice your chicken breasts against the grain—this keeps them tender. Drizzle about half of your lemon-parsley sauce over the top and serve it up while it's hot.

9. Don't forget to reserve the remaining sauce on the side; it's just lovely as a little dipping sauce or a dressing.

10. Plate your chicken with whatever sides you've picked and enjoy a meal that's actually healthy but still full of flavor.

Nutrition per serving

280 kcal	30 g	4 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Resting the meat is non-negotiable if you want juicy chicken.
- Zesting the lemon before juicing it is just easier, believe me.
- Using parchment paper makes cleanup a breeze, which I always appreciate.