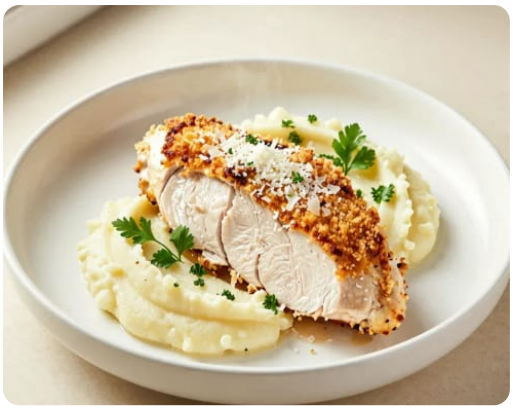


Treasure Barrel

Baked Crack Chicken Breasts

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken & Marinade

- [ ] 4 boneless, skinless chicken breasts (about 6 oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp paprika
- [ ] 1/2 tsp garlic powder

Breading Stations

- [ ] 1/2 cup all-purpose flour
- [ ] 1 large egg, beaten
- [ ] 1 tbsp water
- [ ] 1 cup panko breadcrumbs
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tsp dried Italian seasoning

Instructions

1. First things first, go ahead and preheat your oven to 400°F (205°C). I like to lightly grease my baking sheet with a bit of olive oil or just line it with parchment paper to make cleanup easier, honestly.
2. Pat those chicken breasts dry with some paper towels—it really helps the flavor stick. In a shallow bowl, whisk together the olive oil, salt, pepper, paprika, and garlic powder. Rub that lovely mixture all over the chicken, making sure every bit is covered.
3. Now, let's set up our little assembly line. I use three separate stations: (A) just the flour, (B) the beaten egg mixed with a splash of water, and (C) a mix of panko breadcrumbs, Parmesan, and Italian seasoning. I usually put them on separate plates so it doesn't get messy.
4. Take each breast and coat it in the flour first, shaking off any extra. Then, dip it into the egg mixture, let the excess drip away, and finally press it firmly into the breadcrumb mixture. Well, really press it in there so the crumbs stay put!
5. Place the coated breasts on a wire rack set over your baking sheet. This is a little trick I use to let the air circulate; it keeps the bottoms from getting soggy and ensures they stay crispy.
6. Pop them in the oven for about 20-25 minutes. Be sure to turn them once halfway through. You're looking for a beautiful golden brown crust and an internal temperature of 165°F (74°C).
7. Once they're done, take them out and let the chicken rest on the rack for 5 minutes. I know it's hard to wait, but it helps the juices stay inside the meat.

8. Slice the breasts across the grain. If you're feeling fancy, a little fresh parsley or a squeeze of lemon on top really wakes everything up.

9. Serve these up with some roasted vegetables, mashed potatoes, or a fresh green salad for a nice, balanced meal.

10. Finally, just tidy up your baking station and store any leftovers in the fridge.

Nutrition per serving

240 kcal	23 g	3 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a wire rack is the secret to keeping the bottom crust from becoming soggy.
- Patting the chicken dry is a small step, but it's what makes the marinade and breading adhere properly.
- Resting the meat for 5 minutes is essential for juicy results.