

Treasure Barrel

Juicy Oven Baked Chicken Breast

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

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1.5–2 lbs total)
- [ ] 1 tbsp olive oil

Seasoning Rub

- [ ] 1 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp dried thyme
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp freshly ground black pepper

Instructions

1. First things first, go ahead and preheat your oven to 425°F (220°C). It needs to be nice and hot for that golden finish.
2. In a small bowl, just whisk together the smoked paprika, garlic powder, onion powder, dried thyme, salt, and freshly ground black pepper. I like to set this aside so it's ready to go.
3. Now, pat the chicken breasts dry with paper towels—honestly, this is the secret to a good sear. Drizzle them with olive oil and rub that lovely seasoning mix over the entire surface until they're well coated.
4. Place your seasoned breasts on a baking sheet lined with parchment or a lightly greased baking rack. Look, if you're using a rack, just line it with foil first to make cleanup a breeze.
5. Bake them in the oven for 20–25 minutes. You're looking for an internal temperature of 165°F (74°C). Wow, once those juices run clear and the tops are golden-brown, they're just about there.
6. Take them out of the oven and cover them loosely with foil. Let them rest for 5 minutes. I mean, it's hard to wait, but this lets the juices redistribute so the meat stays moist.
7. Slice them up or serve them whole. Just enjoy them immediately with whatever sides you've got on the table.

Nutrition per serving

280 kcal	45 g	3 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- A meat thermometer is your best friend here to avoid dry meat.
- The resting period is absolutely non-negotiable for juicy chicken.
- Patting the meat dry ensures the spices actually stick.