

Treasure Barrel

Oven Baked Chicken Breast – Easy Healthy Meal

10 min Prep time	**22 min** Cook time	**32 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Chicken

- [ ] 4 boneless, skinless chicken breasts (6-8 oz each)
- [ ] 2 tablespoons olive oil

Spice Paste

- [ ] 1 teaspoon sea salt
- [ ] 1/2 teaspoon freshly ground black pepper
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon smoked paprika
- [ ] 1 teaspoon dried thyme
- [ ] Zest of 1 lemon
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 tablespoon unsalted butter, melted (optional)

Garnish

- [ ] 2 tablespoons chopped fresh parsley, for garnish

Instructions

1. First things first, let's get that oven warming up. Preheat it to 400°F (200°C) so it's nice and hot when the chicken is ready.
2. Now, take a moment to pat the 4 boneless, skinless chicken breasts dry with some paper towels. Honestly, this is the secret to a good sear. Brush them lightly with a bit of olive oil to help everything stick.
3. In a small bowl, whisk together your sea salt, freshly ground black pepper, garlic powder, smoked paprika, dried thyme, lemon zest, fresh lemon juice, and that melted butter if you're using it. It should form a lovely, fragrant spice paste.
4. Rub that spice paste evenly over all sides of each chicken breast. Well, just make sure you get every nook and cranny for the best flavor.
5. Line your baking sheet with parchment paper or foil—makes cleanup so much easier, yeah? Place the seasoned breasts on the sheet, but look, make sure they aren't touching each other so they cook evenly.
6. Slide them into the oven for 20-25 minutes. I always use an instant-read meat thermometer to check the thickest part; you're looking for exactly 165°F (74°C).
7. Now comes the hard part: waiting. Remove the chicken from the oven and let it rest for 5 minutes. It's so important to let those juices redistribute, otherwise, they just run off the board.

8. Transfer the chicken to a cutting board and slice it if you'd like. Oh, and don't forget to drizzle over any of those delicious juices that collected on the baking sheet.

9. Finish it off with a sprinkle of chopped fresh parsley for a pop of color. Wow, it looks and smells wonderful.

Nutrition per serving

285 kcal	42 g	4 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a meat thermometer is the only way to ensure the chicken isn't overcooked.
- Parchment paper prevents the chicken from sticking to the pan.
- Letting the meat rest is a non-negotiable step for juiciness.