

Helergon Kitchen

Oven Baked Chicken Breast – Easy Weeknight Dinner

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

Ingredients

Main Protein

- [ ] 4 boneless, skinless chicken breasts (6-8 oz each)

Seasoning Mixture

- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1 teaspoon smoked paprika
- [ ] 1/2 teaspoon dried thyme
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 1 tablespoon fresh lemon juice
- [ ] 2 tablespoons unsalted butter, melted

Optional Topping & Garnish

- [ ] 1/4 cup grated Parmesan cheese (optional)
- [ ] 1 tablespoon chopped fresh parsley, for garnish

Instructions

1. Start by preheating your oven to 375°F (190°C). I always line my baking sheet with parchment paper—it just makes the cleanup so much easier, honestly.
2. In a small bowl, whisk together your olive oil, garlic powder, onion powder, smoked paprika, dried thyme, salt, pepper, fresh lemon juice, and that melted butter. It smells just lovely once it all comes together.
3. Now, pat the chicken breasts dry with some paper towels. This is a little trick for a better sear. Brush that flavorful mixture over both sides of each breast, making sure they're well coated.
4. Carefully place the seasoned chicken on your prepared baking sheet. Just make sure to leave a little space between each piece so they cook evenly.
5. Bake them for 20-22 minutes. Well, look, remember to turn them halfway through. You're looking for an internal temperature of 165°F (74°C) and juices that run clear.
6. If you're feeling fancy, sprinkle that grated Parmesan over the chicken during the last 3 minutes and broil until it's just golden and bubbly.
7. Remove the pan from the oven and let the chicken rest for about 5 minutes. It's hard to wait, I know, but it lets those juices redistribute so the meat stays tender.

8. Garnish with a bit of chopped fresh parsley right before serving. It adds such a nice pop of color to the plate.

Nutrition per serving

310 kcal	38 g	4 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Parchment paper is a lifesaver for easy cleanup.
- Letting the meat rest is the secret to juiciness.
- Patting the chicken dry helps the seasoning stick better.