

Helergon Kitchen

Oven Baked Chicken Breast (Juicy Every Time)

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

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

Seasoning Rub

- [ ] 1 tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 tsp garlic powder
- [ ] 1 tsp paprika
- [ ] 1 tsp dried thyme
- [ ] 1 tsp lemon zest (optional)

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). I usually line my baking sheet with parchment paper or give it a little grease—honestly, it just makes the cleanup so much easier later on.
2. Now, take a moment to pat the chicken breasts dry with some paper towels. It seems like a small thing, but it really helps the rub stick and ensures we get that lovely golden exterior.
3. In a small bowl, just whisk together your salt, pepper, garlic powder, paprika, thyme, and that optional lemon zest. It smells so fresh, doesn't it?
4. Drizzle each breast with a bit of olive oil, then rub that seasoning mix all over the chicken. I like to make sure every nook and cranny is evenly coated.
5. Place the seasoned breasts on your prepared baking sheet. Just leave a little breathing room between each piece so the heat can circulate evenly.
6. Pop them in the oven for 18–20 minutes. You're looking for a golden brown color and an internal temperature of exactly 165°F (74°C).
7. Carefully remove the chicken and move it to a plate. Tent it loosely with foil and let it rest for 5 minutes. I know it's tempting to dive in, but this is how we keep those juices from running away.
8. Slice the chicken against the grain for maximum tenderness. Or, if you're feeling fancy, serve them whole on a warm plate with a little drizzle of the pan juices.

9 Finally, spoon any remaining juices from the baking sheet right over the sliced meat for that extra bit of moisture. Just lovely.

Nutrition per serving

285 kcal	38 g	3 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- The resting step is truly non-negotiable if you want juicy meat.
- Parchment paper is a lifesaver for this high-heat method.
- Adding lemon zest adds a quiet, bright note that cuts through the savory rub.