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Easy Chicken Breasts

Ingredients

½ tsp. paprika
1 tsp. onion powder
½ tsp. garlic powder
½ tsp. cayenne pepper(optional)
2 chicken breasts
olive oil for frying

Servings

2

Person

Preparation

- 1 Preheat the oven to 180°C
- 2 Combine the herbs in a bowl
- 3 rub this mix generously onto the chicken and allow to marinade for 10 minutes
- 4 in an ovenproof pan add the oil and brown the chicken on each side
- 5 transfer to the oven and bake for 20minutes or until the juices run clear
- 6 serve with baked potato or a salad

Cooks Note

Serves 2
