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by ewfood

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