

Oven Roasted Chicken Breast

Ingredients:

4-6 oz Free Range Chicken Breast
1t Kosher Salt
1 Pinch of Black Pepper
1t Dried or Fresh Picked Thyme
1T Non-GMO Canola Oil or EVOO
1T butter (optional)
1 Non-Stick Pan or Cast Iron

Instructions:

Pre-heat oven to 400°F.

Season both sides of the Chicken Breast with salt and pepper.

Over a medium-high heat add the oil to a non-stick pan or cast iron. Then sear the chicken breast on the skin side. Lower the flame to medium heat. Once the skin side of the breast has a hint of blonde color, throw the pan in the oven. Bake for about 8-10 minutes then flip the breast onto the other side. For extra flavor, you can add a 1T of butter to finish and baste the breast. Pull the chicken breast out of the oven and let rest for about 1-2 minutes, then slice.