

# baked chicken breast

**prep time** 10mins

**cooking time** 20mins

**serves** 4



this recipe is free from gluten, nuts, egg, dairy and sugar.

## ingredients

4 organic chicken breasts  
1 tsp paprika  
1 tsp dried oregano  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/4 tsp ground turmeric  
3 sprigs fresh thyme  
1 tbsp extra virgin olive oil  
salt and pepper  
fresh lemon to serve

## method

1. pre-heat fan forced oven to 180°C.
2. combine dried herbs and spices.
3. transfer chicken to a baking tray greased with olive oil. drizzle chicken with olive oil and rub seasoning over to evenly coat.
4. bake chicken for 15-20 minutes or until cooked through.
5. garnish with fresh thyme leaves and season with salt and pepper.
6. squeeze over fresh lemon juice to serve.



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