



# Juicy Oven-Poached Chicken Breasts

A BIG BATCH OF HEALTHY, JUICY PROTEIN READY FOR THE WEEK

- 4-8 chicken breasts
  - 2-3 tbsp olive oil
  - 2-3 cloves garlic, minced
  - 1-2 tsp dried herbs or salt-free seasoning mix of choice
  - sea salt + pepper
- 1** Preheat oven to 375 F. Line a baking dish with a double length (enough to cover the bottom twice) of parchment paper or aluminum foil.
  - 2** Pat chicken breasts dry and season well on both sides with garlic, herbs, salt & pepper. Rub to really flavour the chicken.
  - 3** Sprinkle parchment with oil. Place chicken on top, then sprinkle tops of chicken with oil. Fold parchment over + tuck in to keep steam in.
  - 4** Bake 25-35 minutes, depending on number and size of breasts, until opaque in the middle but still juicy. Rest before slicing.