

Spiced Nut-Crusted Chicken Breast

A flavorful and crunchy main dish featuring a tender chicken breast coated with a mixture of crushed nuts and aromatic spices, baked to perfection. This dish offers a delightful combination of textures and rich nutty flavors.



Main Dish

35 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast (about 150g)
- 1/4 cup mixed nuts (almonds, walnuts, cashews), finely chopped
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 tsp honey
- Optional: fresh parsley for garnish

Steps

- 1 Preheat the oven to 200°C (400°F).
- 2 In a small bowl, mix the finely chopped nuts with smoked paprika, garlic powder, salt, and pepper.
- 3 Brush the chicken breast with olive oil and honey to help the nut mixture stick.
- 4 Press the nut mixture firmly onto both sides of the chicken breast.
- 5 Place the coated chicken breast on a baking tray lined with parchment paper.
- 6 Bake for 20-25 minutes until the chicken is cooked through and the nut crust is golden and crisp.
- 7 Let the chicken rest for 5 minutes before serving.
- 8 Garnish with fresh parsley if desired and serve warm.