

# The Best Oven Fried Chicken Recipe (Baked Fried Chicken)

This is the BEST Oven Fried Chicken recipe! It comes crispy right out of the oven, is much lower in fat and made with lean chicken breast. It takes just like KFC but it's baked instead of fried! Includes step by step recipe video.

Since I really got into using my Instant Pot at the beginning of the year, I especially love making chicken breasts in there (check out my tutorial on how to cook chicken breasts from frozen!).

It's honestly not something I really long for, but what I do love about KFC is that incredible spice blend. This oven fried chicken is the closest I've ever come to KFC at home. It's a recipe our family loves (and lots of you love!), and one that we make over and over again!

## Ingredients

3-4 chicken breasts about 1lb, cut in strips (I get about 3 out of one breast)  
4-5 tbsp melted butter  
3/4 cup flour  
1/2 cup Panko breadcrumbs  
1/2 tsp salt  
1 tbsp seasoning salt I use Lawry's  
1/2 tsp pepper  
2 tsp paprika

## Instructions

Preheat oven to 425 degrees F. Place a large piece of parchment paper on the rimmed baking sheet (10x15x1") and brush butter over top (there will be a little extra butter, but you need it to crisp up the coating!)

\*NOTE: If you're working with fresh chicken breasts, you will

want to soak them for 15-30 minutes in milk or buttermilk before coating. This will help the coating to stick. I use frozen, thawed chicken breasts so they are already very moist on the outside.

Combine all ingredients besides chicken and butter in a large paper or ziploc bag. Add the chicken and shake to coat.

OPTIONAL: For extra crispiness, do a double coat – simply dunk coated chicken in a little bit of buttermilk, and coat once again in the flour mixture. You would need extra coating mixture for this step

Place your chicken on the prepared baking sheet, leaving a space between each strip. Bake 10 minutes, flip gently with a pair of tongs, and bake another 10 minutes.

Be sure to check to make sure your chicken is cooked (165 degrees F), as the thickness can greatly affect baking time. You want it to be done but not overdone and dry. Bake another 4-5 minutes if needed.

Remove to a plate lined with paper towel to soak up any excess grease. Serve immediately. To keep warm until serving, place on a wire rack on a baking sheet in a 225 degree F oven.