



UNLOCK THE MAGIC OF YOUR CONVECTION KITCHEN!

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## CONVECTION ROAST CHICKEN BREASTS MEAL

CONVECTION

Cooking bone-in chicken breasts in either your Convection or Combi steam oven is proof positive of the benefits of convection cooking. Provided you don't overcook the chicken it will be incredibly juicy, in my experience the children will enjoy eating it and for the adults, you can use a flavorful spice rub or add a fresh salsa or some tapenade for more flavor.

To serve with the chicken a casserole that features broccoli and cheese is often well received and to make it a little more interesting and nutritious you can add in some cooked quinoa. The quinoa and broccoli need to be cooked prior to assembling the casserole and can be cooked together in the combi-steam oven or in the traditional method on the cooktop. Once assembled the casserole can be baked at the same time the chicken is cooking.

If you are adventurous you could also plan to prepare a simple dessert such as a fruit crisp, some baked apples, or a bread pudding that can be baked at the same time. I am making Peanut Butter Brownies, these are easy to assemble and cook at the same temperature as the other foods. Also, this is a great project for the kids to work on while you are preparing the other dishes.

So let's see how it all comes together.

Ingredients

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2 - large bone-in, skin-on chicken breasts

For best results when roasting chicken breasts choose bone-in skin-on breasts. The skin can be removed prior to eating if you prefer and the bones can be simmered to make chicken stock, best of all the chicken will be incredibly juicy. A little Kosher salt and some Old Bay seasoning is a mellow combination and make a nice rub for the kids.

For adults, there are many options. Kinder BBQ rubs are a good ready mixed option or you can make a flavorful rub with some ground cumin, turmeric, and garlic powder, or for a Latin flavor use some adobo or other ground chili seasoning. A simple rub with Italian seasoning and garlic powder is also good.

### Preparation

Rub a little vegetable or olive oil into each of the breasts and season each one according to taste. Place on a rimmed baking sheet. If planning to cook several dishes at one time, arrange the oven racks to accommodate the pans before heating the oven.

Heat the oven in the Convection Roast or Convection Bake Mode 350°F.



**Convection Roast Chicken Breast**

Cook the chicken breasts on the upper rack for 25 - 35 minutes, depending on the size. When you remove them from the oven, set them aside to rest before carefully removing the meat from the bone and slicing.

WRITE YOUR NOTES: