



# 3 simple ways to add flavour to chicken breast

## Ingredients

---

## Method

---



### 1. Marinate your chicken breast

Marinating is good for flavouring and tenderising your chicken at the same time. It's best to marinate your chicken overnight to give the flavours plenty of time to infuse. A faster way to add flavour is to simply brine your chicken in salty water prior to cooking. This will help tenderise the meat and add extra flavour.

#### **Greek marinade:**

For a classic Greek flavour combination, simply mix lemon juice, garlic, parsley, oregano with some olive oil then place your chicken breast in the marinade to infuse. It's that easy! This marinade is perfect if you want to grill or pan-fry your chicken.

#### **Moroccan spices:**

Add a touch of spice to your chicken breast by combining paprika, cinnamon, turmeric, cumin, ginger, garlic and olive oil to create a paste. Then cover your chicken breast with the paste and pat down to secure. This Middle Eastern spice rub is delicious when charred on the grill. If you want try these flavours out, then take a look at our [spicy harissa chicken](#).

### **Maple glaze:**

If you have a sweet tooth, then this is the marinade for you! Mix maple syrup, garlic, soy sauce and lime juice with chicken stock then cook it on a low heat and let it thicken until it becomes a beautiful, glossy glaze. Once reduced, rub the glaze over your chicken breast and let it infuse. Don't forget to put some aside to pour over your chicken when cooking for even more flavour!



## **2. Bread or crumb your chicken breast**

Breading or crumbing generally involves dipping your chicken breast in flour, followed by an egg wash before coating it with crumbs. This coating helps protect the chicken from drying out during the cooking process so that you have a succulent, perfectly cooked breast every time.

### **Chicken Schnitzel:**

The dish that we all know and love when we think of crumbed chicken has got to be the classic Chicken Schnitzel. Pounded with a meat tenderiser to ensure that it's an even thickness all over for a constant cook and fried in oil, Schnitzels have stood the test of time as a classic whether at home or the local pub!

### **Panko:**

Panko breadcrumbs are used in many fried Asian dishes and are made exclusively from white bread without the crusts. The bread is flaked before drying to increase aeration and ultimately crunchiness when used in cooking. Your chicken breasts will have a crispier shell with a lot more crunch while the meat inside is still perfectly tender.

### **Coconut flakes:**

This technique is the same as other crumbing methods but uses shredded coconut with the flour and bread. First, coat the chicken breast in coconut flour, then dip it into a mixture of coconut milk & eggs before finally rolling it in shredded coconut. Fry these off in coconut oil and you'll be whisked away to a tropical paradise, even if it's only while you're eating dinner. Want to blend sweet at savory for your next dinner? Then try our [coconut and sesame chicken](#) – using the [Added Steam function](#) on your NEFF oven ensures that your chicken stays succulent on the inside and crispy on the outside.



### 3. Stuff your chicken breast

Stuffed chicken breasts adds flavour to the meat while it cooks and can be a wonderful surprise when served at dinner. Simply slice the thickest part of the chicken breast to ensure you have enough room for your stuffing, then use kitchen twine to secure it all in place while roasting in the oven.

#### **Medjool dates and fresh herbs:**

The sweetness and fragrance of the dates and herbs are what makes this stuffing so delectable that; your guests will be asking for seconds. First, cook a diced onion and set aside. Then roughly chop a handful of pitted Medjool dates, pistachio nuts, and fresh herbs such as parsley and sage. Mix together with breadcrumbs and the cooked onion and stuff into your chicken breast before baking. You can also swap the dates for a different dried fruit, like [cranberries](#).

#### **Brie and prosciutto with fresh tarragon:**

This stuffing is so simple it's perfect for any occasion, and it only takes a few minutes to prepare. Simply wrap a small slice of prosciutto around a piece of brie then tuck inside the chicken breast along with some fresh tarragon. The prosciutto will help contain the brie as it melts so that it oozes out once your chicken breast is fully baked. Check out our [prosciutto wrapped chicken recipe](#) if you want to give this recipe a try at your next dinner party.

#### **Ready to cook your chicken to perfection?**

Our NEFF oven range has a number of functions to help you cook your chicken to absolute perfection. The best part is that you can [book in a free demonstration](#). Our NEFF cooking experts can show you how to use a NEFF oven effectively to take your chicken to the next level.

#### **About NEFF**

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

**Learn more about NEFF [here](#).**

## Notes

---