



# Oven Fried Chicken

This is an easy pan-fried chicken recipe that takes advantage of our favorite general purpose meat rub, also found on our website. If you've ever used shake-and-bake products, you will know what to do.

## Ingredients

- 4-8 pieces of chicken, white or dark doesn't matter
- 4 Tbsp Butter
- 1 tsp Olive Oil
- Enough meat rub
- ½ cup flour



## Directions

**Step 1** – Add butter and oil to a ~ 9x12 inch pan. Place in oven preheated to 350°F until melted. Add meat rub and flour to a Ziplock bag. Add chicken and shake until coated.

**Step 2** – Slide the chicken onto the pan, removing from oven if necessary. Set oven to 425°F and cook for 30 minutes. Then set oven to 350 and cook for an additional 30 minutes.