

Herb-Crusted Chicken Breast with Roasted Peppers and Garlic Parsley Potatoes

For a meal that feels both comforting and elevated, this



OVEN
400°F

TIME
40 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

For the Chicken:

- 2 large chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano

Salt and pepper to taste

For the Roasted Peppers:

- 2 red bell peppers, sliced
- 2 yellow bell peppers, sliced
- 1 tablespoon olive oil

For the Parsley Potatoes:

- 4 medium potatoes, peeled and diced
- 2 tablespoons fresh parsley, chopped

DIRECTIONS

1. Prep the Chicken: In a small bowl, mix together the paprika, garlic powder, onion powder, thyme, oregano, salt, and pepper.
2. Rub chicken breasts with olive oil and coat thoroughly with the seasoning mixture.
3. Let the chicken marinate for at least 20 minutes, or refrigerate overnight for deeper flavor.
4. Sear and Bake the Chicken: Preheat oven to 400°F (200°C).
5. Heat a skillet over medium-high heat and add a splash of olive oil.
6. Sear each chicken breast for 2-3 minutes on each side until golden.
7. Transfer the skillet to the oven and bake for 20-25 minutes, or until internal temperature reaches 165°F.
8. Roast the Peppers: Place the sliced bell peppers on a baking sheet lined with parchment.
9. Drizzle with olive oil, season with salt and pepper, and toss to coat.
10. Roast in the oven alongside the chicken for 15 minutes or until softened and lightly charred.
11. Make the Parsley Potatoes: Boil diced potatoes in salted water for about 10 minutes until fork-tender.
12. Drain and return to a bowl.
13. Toss with olive oil, chopped parsley, salt, and pepper.
14. Serve: Plate the chicken breast with a side of roasted peppers and a scoop of parsley potatoes.
15. Drizzle any leftover pan juices from the chicken skillet over the plate for added flavor.

SWAPS & NOTES

& Swaps Chicken : Boneless thighs also work well and tend to be juicier, just adjust cooking time.

Bell Peppers : Use orange or green peppers for variety or what you have on hand.

Potatoes : Yukon gold, red potatoes, or even fingerlings hold their texture nicely.

Herbs : Add rosemary, basil, or dill for your own herbal spin.

TIPS FOR SUCCESS

Marinate overnight for deeper herb flavor and juicier chicken.

Slice peppers evenly for uniform roasting.

Toss potatoes gently so they hold their shape after boiling.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/herb-crust-chicken-breast-with-roasted-peppers-and-garlic-parsley-potatoes/>