

This Garlic Herb Chicken Plate Is the Ultimate Cozy Dinner

Garlic Herb Chicken & Carrot Plate - Juicy, Cozy & Weeknight-Perfect



OVEN
400°F

TIME
45 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

For the Chicken:

1 boneless skinless chicken thigh

1 tbsp olive oil or butter

1 tsp minced garlic

$\frac{1}{2}$ tsp Italian herbs

Salt and black pepper, to taste

For the Roasted Carrots:

2-3 whole carrots, peeled

1 tbsp olive oil

Italian herbs, salt, and pepper to taste

For the Mashed Potatoes:

$\frac{3}{4}$ cup mashed red or gold potatoes, skin-on

Butter, salt, and splash of milk or cream, to taste

Garnish (optional):

Fresh parsley

DIRECTIONS

1. Roast the Carrots: Preheat oven to 400°F (204°C).
2. Toss whole carrots with olive oil, Italian herbs, salt, and pepper.
3. Place on a baking sheet and roast for 25-30 minutes, until tender and golden brown.
4. Cook the Chicken: Season chicken thigh with minced garlic, Italian herbs, salt, and pepper.
5. In a skillet, heat butter or olive oil over medium-high heat.
6. Sear the chicken for 4-5 minutes per side until golden and cooked through (internal temp of 165°F).
7. Let rest while preparing the potatoes.
8. Make the Mashed Potatoes: Boil chopped red or gold potatoes with skin until fork-tender (about 10-12 minutes).
9. Drain and mash with butter, salt, and a splash of milk or cream.
10. Adjust seasoning to taste.
11. Plate & Serve: Spoon mashed potatoes into a wide bowl or plate.
12. Top with sliced herb chicken and roasted carrots.
13. Drizzle with pan drippings from the chicken for added richness.
14. Garnish with fresh parsley if desired.

TIPS FOR SUCCESS

Rest the chicken after cooking to keep it juicy when sliced.

Roast carrots whole for a more rustic, dramatic presentation and deeper caramelization.

Use skin-on potatoes for added nutrients and texture.

If short on time, microwave potatoes and pan-steam carrots instead of roasting.

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

Original recipe: <https://chefmaniac.com/this-garlic-herb-chicken-plate-is-the-ultimate-cozy-dinner/>