

## Quick & Easy Herb Chicken with Roasted Sweet Potato and Garlic Asparagus

Herb-Grilled Chicken with Roasted Sweet Potato & Asparagus



OVEN  
400°F

TIME  
50 min

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SAVE  
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### INGREDIENTS

For the Herb-Grilled Chicken:

2 boneless, skinless chicken breasts (or thighs)

1 tbsp olive oil

1 tsp garlic powder

1 tsp dried oregano

1 tsp dried parsley

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp black pepper

$\frac{1}{2}$  tsp paprika

$\frac{1}{2}$  tbsp fresh lemon juice

For the Roasted Sweet Potato:

1 large sweet potato

$\frac{1}{2}$  tbsp butter (or olive oil for dairy-free)

$\frac{1}{2}$  tsp cinnamon (optional)

... tsp salt

For the SautØed Asparagus:

1 cup fresh asparagus spears

$\frac{1}{2}$  tbsp olive oil

... tsp black pepper

$\frac{1}{2}$  tsp garlic powder

### DIRECTIONS

1. Roast the Sweet Potato: Preheat oven to 400°F (200°C). Pierce the sweet potato several times with a fork. Wrap it in foil and bake for 40-50 minutes, until soft. Slice open and top with butter, salt, and cinnamon (if using).
2. Grill the Chicken: In a small bowl, combine olive oil, garlic powder, oregano, parsley, salt, black pepper, and paprika. Rub the seasoning over the chicken pieces until fully coated. Heat a grill pan over medium heat and cook chicken for 5-6 minutes per side, or until golden and cooked through. Drizzle with fresh lemon juice before serving.
3. SautØ the Asparagus: Heat olive oil in a pan over medium heat. Add asparagus, salt, black pepper, and garlic powder. SautØ for 3-4 minutes, just until tender-crisp.
4. Plate and Serve: Place grilled chicken on a plate alongside the roasted sweet potato and sautØed asparagus. Serve warm and enjoy!

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

Original recipe: <https://chefmaniac.com/quick-easy-herb-chicken-with-roasted-sweet-potato-and-garlic-asparagus/>