

Crispy Chicken Wings with Roasted Vegetables and Rice - One-Pan Meal Idea

Looking for a meal that's satisfying, healthy, and bursting with flavor? These



OVEN
400°F

TIME
20 min

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INGREDIENTS

? For the Chicken Wings:

- 6 chicken wings
- 2 tablespoons olive oil
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1 teaspoon lemon juice (optional)

? For the Vegetables:

- 1 cup broccoli florets
- 2 large carrots, peeled and sliced
- 1 tablespoon olive oil
- Salt and pepper, to taste

? For the Side:

- 1 cup cooked white rice (or use brown rice, quinoa, or cauliflower rice)

DIRECTIONS

1. Season the Chicken Wings: Pat the chicken wings dry with paper towels.
2. In a bowl, toss wings with olive oil, paprika, garlic powder, onion powder, thyme, salt, pepper, and lemon juice (if using).
3. Let marinate for 20 minutes at room temperature or up to 2 hours in the fridge.
4. Prep the Vegetables: Preheat oven to 400°F (200°C).
5. Toss broccoli and carrots with olive oil, salt, and pepper.
6. Spread evenly on a baking sheet.
7. Bake Everything: Place the chicken wings on a separate lined baking sheet.
8. Roast both sheets in the oven for 25-30 minutes, flipping the wings halfway through.
9. Veggies should be tender and slightly caramelized, wings golden and crisp.
10. Cook the Rice: Prepare white rice according to package instructions or use leftover rice for a time-saving hack.
11. Assemble and Serve: Plate your grilled wings with a serving of roasted vegetables and rice.
12. Optional: Garnish with fresh parsley, chili flakes, or a drizzle of lemon juice.

TIPS FOR SUCCESS

Pat wings dry before seasoning for crispier skin.

Use convection bake if your oven has it for extra crisp.

Cut carrots evenly for even roasting-go with 1/4-inch slices.

Meal prep hack: Make a double batch and store in lunch containers for grab-and-go meals.

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

Original recipe: <https://chefmaniac.com/crispy-chicken-wings-with-roasted-vegetables-and-rice-one-pan-meal-idea/>