

One-Pan Honey Garlic Chicken with Roasted Veggies & Salad

Honey Garlic Chicken with Roasted Sweet Potatoes & Fresh Greens



OVEN
400°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

For the Honey Garlic Chicken:

- 4 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 2 tbsp honey
- 2 tbsp soy sauce
- 3 cloves garlic, minced
- 1 tsp black pepper
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp paprika
- $\frac{1}{8}$ tsp dried thyme

For the Roasted Sweet Potatoes:

- 2 medium sweet potatoes, cubed
- 1 tbsp olive oil
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{8}$ tsp smoked paprika

For the Salad:

- 2 cups mixed greens (spinach, arugula, or kale)
- $\frac{1}{8}$ cucumber, sliced

Ingredient Swaps & Variations:

Boneless chicken? Use thighs or breasts but reduce cook time slightly.

No sweet potatoes? Try roasted carrots, butternut squash, or red potatoes.

Want more crunch? Add sliced almonds or sunflower seeds to the salad.

Meal prep tip: Use pre-washed greens and pre-cut

sweet potatoes to save time.

Step-by-Step Instructions:

1. Marinate the Chicken:
2. Roast the Sweet Potatoes:
3. Cook the Chicken:
4. Toss the Salad:
5. Assemble Your Bowl:

Pro Tips for Success:

Let the chicken rest. This keeps it juicy and makes slicing cleaner.

Don't overcrowd the baking sheet. Space gives the sweet potatoes room to crisp up.

Use fresh garlic. It makes a big difference in the sauce's depth.

Double the marinade. Use half for cooking, and reserve half as a drizzle after cooking.

What to Serve It With:

DIRECTIONS

1. **Marinate the Chicken:** In a bowl, whisk olive oil, honey, soy sauce, garlic, salt, pepper, paprika, and thyme. Coat the chicken and marinate for 15-30 minutes.
2. **Roast the Sweet Potatoes:** Preheat oven to 400°F (200°C). Toss sweet potato cubes in oil, salt, pepper, and smoked paprika. Roast on a baking sheet for 30-35 minutes, flipping halfway through, until tender and browned.
3. **Cook the Chicken:** Heat a pan or grill over medium heat. Place chicken skin-side down and sear for 5 minutes until golden. Flip and cook another 5-7 minutes. Cover and cook 5 minutes more, or until internal temp reaches 165°F.
4. **Toss the Salad:** Mix greens with olive oil, salt, and pepper. Top with sliced cucumbers for freshness.
5. **Assemble Your Bowl:** In a wide bowl or plate, add a bed of greens. Top with sliced chicken and roasted sweet potatoes. Drizzle with extra pan sauce, and garnish with green onions if you like.
6. **Pro Tips for Success:** Let the chicken rest. This keeps it juicy and makes slicing cleaner.
7. **Don't overcrowd the baking sheet.** Space gives the sweet potatoes room to crisp up.
8. **Use fresh garlic.** It makes a big difference in the sauce's depth.
9. **Double the marinade.** Use half for cooking, and reserve half as a drizzle after cooking.
10. **What to Serve It With:** This bowl stands alone beautifully, but here are some delicious complementary dishes:

11. Pair with : Blueberry Lemonade for a sweet and citrusy sip.
12. Craving extra comfort? Try it with These Easy Turkey Wings or This One Pan Breakfast Bake for a cozy brunch-meets-dinner combo.
13. Want more chicken ideas? These Chicken Enchiladas and Mexican Chicken and Rice Casserole are always crowd-pleasers.
14. Storage & Meal Prep: Fridge: Store components separately in airtight containers for up to 4 days.
15. Reheat: Rewarm chicken and sweet potatoes in the oven or skillet for best texture.
16. Make-ahead tip: You can marinate the chicken overnight and roast the sweet potatoes ahead of time.
17. More Healthy + Comforting Recipes to Try: These Easy Turkey Wings
18. This : Mexican Chicken and Rice Casserole
19. This : Blueberry Lemonade
20. Final Thoughts: This Honey Garlic Chicken Bowl is comfort food with a clean, fresh twist. It's just as satisfying as it is beautiful on the plate. Balanced, bold, and crave-worthy-it's the kind of meal you'll make on repeat.
21. ? If you try it, leave a comment below or tag @chefmaniac with your version! Don't forget to follow us for more hearty meals and healthy hits.

TIPS FOR SUCCESS

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

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