

## Easy Roasted Chicken with Vegetables - A Simple One-Pan Dinner

Roasted Chicken with Vegetables ??



**OVEN**  
**400°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Chicken:

6 chicken pieces (drumsticks or thighs)

2 tbsp olive oil

3 garlic cloves, minced

1 tsp salt

½ tsp black pepper

½ tsp paprika

Juice of ½ lemon

1 tsp dried thyme or rosemary

For the Vegetables:

2 carrots, chopped into cubes

1 head of broccoli, cut into florets

1 tbsp olive oil

1 garlic clove, minced

Pinch of salt & pepper

### DIRECTIONS

1. **Make the Marinade:** In a bowl, whisk together olive oil, garlic, salt, pepper, paprika, lemon juice, and thyme.
2. **Marinate the Chicken:** Coat the chicken thoroughly with the marinade. Let sit for at least 30 minutes (or up to 24 hours in the fridge for deeper flavor).
3. **Roast:** Place marinated chicken on a greased baking tray. Roast in a preheated oven at 400°F (200°C) for 35-40 minutes, or until golden brown and juices run clear.
4. **Boil the Carrots:** Boil chopped carrots in salted water for 5 minutes, then drain.
5. **Steam the Broccoli:** Steam broccoli for 4 minutes-just enough to keep its bright color and crispness.
6. **Stir-Fry:** In a skillet, heat olive oil and sauté minced garlic. Add the parboiled carrots and steamed broccoli. Toss gently with salt and pepper and stir-fry for 2 minutes.

### SWAPS & NOTES

Chicken cuts : Use bone-in, skin-on for max flavor and moisture.

Boneless works too-just reduce roasting time.

Herbs : Rosemary, oregano, or Italian seasoning all pair beautifully.

Veggies : Try cauliflower, sweet potatoes, or Brussels sprouts for variety.

### TIPS FOR SUCCESS

Check doneness : Use a meat thermometer-165°F (74°C) at the thickest part means the chicken is cooked.

Rest the chicken before serving for juicier bites.

Toss veggies in a splash of lemon juice before serving for a flavor boost.

Broil the chicken for 2 minutes at the end. ?

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

Original recipe: <https://chefmaniac.com/easy-roasted-chicken-with-vegetables-a-simple-one-pan-dinner/>