

## Grilled Garlic Herb Chicken with Roasted Potatoes and Burst Tomatoes

List of Steps for the Recipe



**OVEN**  
**400°F**

**TIME**  
**15 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Chicken: 2 chicken breasts (about 6-8 oz each) 2 tbsp olive oil 1 tsp garlic powder 1/2 tsp paprika 1 tsp dried herbs (such as Italian seasoning) 1/2 tsp salt and black pepper:

For the Vegetables: 1 lb baby potatoes , halved 1 cup cherry tomatoes 2 tbsp olive oil 2 tbsp fresh parsley , chopped:

For the Creamy Sauce: 1/2 cup Greek yogurt or sour cream 1 clove garlic , minced 1 tbsp lemon juice 1 tsp fresh herbs (such as dill or chives):

### DIRECTIONS

1. Steps for the : Recipe
2. Prep and : Season the Chicken
3. : Pat the chicken breasts dry with a paper towel. In a small bowl, mix together the olive oil, garlic powder, paprika, dried herbs, salt, and pepper. Rub the seasoning mixture all over the chicken breasts. Let them marinate for at least 15 minutes, or up to an hour in the refrigerator.
4. Roast the : Vegetables
5. : Preheat your oven to 400°F (200°C). In a separate bowl, toss the halved baby potatoes and cherry tomatoes with olive oil and a pinch of salt and pepper. Spread the vegetables in a single layer on a baking sheet. Roast for 25 30 minutes, or until the potatoes are tender and the tomatoes have just started to burst.
6. Make the : Creamy Sauce
7. : While the vegetables are roasting, prepare the sauce. In a small bowl, whisk together the Greek yogurt or sour cream, minced garlic, lemon juice, and a pinch of salt. Stir in the fresh herbs.
8. Grill the : Chicken
9. : While the vegetables are finishing, heat a grill pan or an outdoor grill over medium-high heat. Cook the marinated chicken breasts for 5 7 minutes per side, or until they are cooked through and have a nice char. The internal temperature of the chicken should reach 165°F (74°C).
10. Plate and : Serve
11. : Arrange the grilled chicken on a plate. Serve the roasted potatoes and burst tomatoes alongside it. Add

a side of the creamy dipping sauce for the perfect finish. Garnish with fresh parsley.

## SWAPS & NOTES

**Chicken :** Chicken breasts are a great choice for this recipe as they cook quickly and stay tender.

You can also use chicken tenderloins or bone-in, skin-on chicken thighs, but be sure to adjust the cooking time as needed.

**Herbs :** The dried herbs and garlic powder provide a classic, savory flavor for the chicken.

You can also use fresh herbs like rosemary or thyme for an even fresher taste.

## TIPS FOR SUCCESS

**Pat the Chicken Dry :** Patting the chicken dry with a paper towel before seasoning is a key step.

It helps the seasoning stick and allows the chicken to get a better sear on the grill.

**Don't Overcrowd the Pan :** When roasting the potatoes and tomatoes, make sure they are in a single layer.

If the pan is too crowded, they will steam instead of roast, and you'll miss out on those delicious crispy edges.

