

Roasted Herb Chicken with Potatoes and Green Beans: A One-Pan Meal

For the Potatoes and Green Beans:



OVEN
400°F

TIME
15 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

For the Chicken:

- 4 boneless chicken breasts (about 6 oz each)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp paprika
- 1/2 tsp salt and black pepper

For the Potatoes and Green Beans:

- 1.5 lbs potatoes, halved
- 1 lb fresh green beans
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried herbs
- 1/2 tsp salt and pepper

For the Baking:

- 2 tbsp lemon juice
- 1/2 cup chicken broth

Swaps and Notes:

Chicken: While chicken breasts are a great choice for a leaner protein, you can also use bone-in, skin-on chicken thighs. They are incredibly flavorful and will stay juicy. The cooking time should remain about the same.

Potatoes: I recommend using baby potatoes for this recipe, as they cook quickly and get wonderfully crispy. You can also use Yukon Gold or russet

potatoes, cut into similar-sized halves.

Green Beans: Fresh green beans are a perfect choice, as they become tender and slightly charred when roasted. The user's notes mention swapping them for asparagus, which would also be a great addition.

Seasoning: The blend of oregano, thyme, and paprika gives the dish a classic, rustic flavor. You can also add other herbs like fresh rosemary or a pinch of red pepper flakes for a little kick.

Finishing Touches: The user's notes mention adding a sprinkle of Parmesan on the potatoes. This is a fantastic idea, as it creates a cheesy, savory crust that is absolutely delicious.

Instructions:

Preheat Oven and Prep Pan: Preheat your oven to 400°F (200°C).

Season the Chicken: Pat the chicken breasts dry with a paper towel. In a small bowl, mix together the 2 tablespoons of olive oil, minced garlic, oregano, thyme, paprika, salt, and black pepper. Rub the seasoning mixture all over the chicken breasts.

Prep the Veggies: In a large bowl, toss the halved potatoes and green beans with the remaining olive oil, garlic powder, dried herbs, salt, and pepper.

Assemble the Dish: Arrange the seasoned potatoes and green beans in a single layer in a baking dish. Place the seasoned chicken breasts on top of the vegetables.

Add Liquid: Pour the chicken broth and lemon juice into the bottom of the baking dish.

Roast: Place the baking dish in the preheated oven. Roast for approximately 40 minutes, or until the chicken is cooked through (with an internal temperature of 165°F or 74°C), the potatoes are tender and crispy, and the green beans are tender-crisp.

Serve: Once the dish is cooked through, slice the chicken breasts and serve directly from the dish. Drizzle the chicken and vegetables with the delicious pan juices.

Tips for Success:

Don't Overcrowd the Pan: Use a large enough baking dish or sheet pan to give the chicken and vegetables space. If the pan is too crowded, the ingredients will steam instead of roast, and you'll miss out on those delicious crispy edges.

High Heat Roasting: A high oven temperature is crucial for this recipe. It ensures that the potatoes get crispy and the chicken becomes golden and delicious.

DIRECTIONS

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10. **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.
11. **Cut : Potatoes Evenly:** Make sure you cut the potatoes into similar-sized halves. This ensures they all cook at the same rate.
12. **Serving Suggestions and Pairings:** This one-pan chicken and vegetable dish is a complete meal on its own. The combination of protein, carbs, and vegetables is incredibly satisfying. For a simple side, a little bit of warm, crusty bread would be a great addition for soaking up the pan juices.
13. **For a drink pairing,** a light beer, a crisp hard apple cider, or even a light-bodied white wine would complement the rustic flavors beautifully.
14. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
15. **This is a balanced and hearty meal.** The chicken provides lean protein, the potatoes provide carbohydrates, and the green beans provide vitamins and fiber. While the oil for roasting adds to the calories, it's a delicious and well-rounded meal. The estimated calories are around 520 per serving.
16. **Storage and Leftover Tips:** Leftovers of this dish are wonderful! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, the best method is to use a toaster oven or air fryer to bring back some of the crispy texture of the potatoes and chicken. You can also reheat it in the oven at 350°F (175°C) until heated through.
17. **Final Thoughts:** This Roasted Herb Chicken with Potatoes and Green Beans recipe is a timeless classic that showcases the beauty of simple, effortless cooking. It's a go-to for its deep flavor, minimal cleanup, and family-friendly appeal. I hope you enjoy this easy and delicious one-pan meal. Let me know in the comments how you and your family enjoyed it!

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