

Epic Garlic Herb Roasted Chicken with Baby Potatoes: A One-Pan Meal

Epic Garlic Herb Roasted Chicken



OVEN
400°F

TIME
15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Chicken and Potatoes:

- 4 boneless chicken breasts (about 6 oz each)
- 1.5 lbs baby potatoes (red and yellow), halved
- 2 tbsp olive oil
- 1/2 tsp salt and black pepper

For the Sauce:

- 3 tbsp butter
- 4-5 cloves garlic, minced
- 1 tbsp lemon juice
- 1/2 cup chicken broth or stock
- 1 tsp paprika
- 1/2 tsp black pepper and salt
- 3 tbsp fresh parsley, chopped

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: Baby potatoes are perfect for this recipe, as they cook quickly and get wonderfully crispy. You can also use Yukon Gold or russet potatoes, cut into similar-sized cubes.

Herbs and Spices: The paprika, black pepper, and salt give the dish a classic, rustic flavor. You can also add other herbs like fresh rosemary or dried thyme for a different flavor profile. The

user's notes mention adding a pinch of chili flakes for a gentle kick, which would be a fantastic addition.

Lemon Juice: The lemon juice is a key ingredient for a bright, zesty flavor. The user's notes mention swapping it for balsamic vinegar for a richer glaze, which would also be delicious.

Sauce: The sauce is the star of the show. The combination of butter, garlic, lemon juice, and chicken broth creates a delicious liquid that infuses the entire dish with flavor.

Instructions:

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

Sear the Chicken: Pat the chicken breasts dry with a paper towel. In a large, oven-safe skillet, heat a little bit of olive oil over medium-high heat. Add the chicken breasts and sear until they are golden brown on both sides. This should take about 5-7 minutes total.

Prepare the Potatoes: While the chicken is searing, toss the halved baby potatoes with the olive oil, salt, and pepper. Once the chicken is seared, arrange the potatoes around the chicken in the skillet.

Make the Sauce: In a separate small saucepan, melt the butter. Add the minced garlic and sauté for about 1 minute until fragrant. Add the lemon juice and chicken broth and bring to a simmer.

Pour and Roast: Pour the sauce over the chicken and potatoes in the skillet. Place the skillet in the preheated oven. Roast for approximately 45 minutes, or until the chicken is cooked through and the potatoes are tender and golden.

Serve: Once the dish is cooked through, remove it from the oven. Garnish with fresh chopped parsley and spoon some of the buttery pan juices over the chicken and potatoes before serving.

Tips for Success:

Sear the Chicken First: Searing the chicken first is a crucial step. It gives the chicken a nice golden color and a delicious flavor that is the foundation of the dish.

Don't Overcrowd the Pan: Use a large enough oven-safe skillet to give the chicken and potatoes space. If the pan is too crowded, the ingredients will steam instead of roast.

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.

Cut Potatoes Evenly: Make sure you cut the potatoes into similar-sized halves. This ensures they all cook at the same rate.

Serving Suggestions and Pairings:

Nutritional Information:

Storage and Leftover Tips:

Final Thoughts:

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10. **Cut : Potatoes Evenly:** Make sure you cut the potatoes into similar-sized halves. This ensures they all cook at the same rate.
11. **Serving Suggestions and Pairings:** This one-pan chicken and potato dish is a complete meal on its own. The combination of protein, carbs, and vegetables is incredibly satisfying. For a simple side, a light green salad would be a lovely addition.
12. **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.
13. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. **This is a balanced and hearty meal.** The chicken provides lean protein, the potatoes provide carbohydrates, and the sauce adds flavor and richness. While the butter and oil add to the calories, it's a delicious and well-rounded meal. The estimated calories are around 530 per serving.
15. **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.
16. **Final Thoughts:** This Epic Garlic Herb Roasted Chicken 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!

SWAPS & NOTES

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