

One-Pan Honey Garlic Chicken with Roasted Sweet Potatoes & Green Beans

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OVEN
400°F

TIME
5 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

Chicken Breasts: 4 boneless, skinless breasts (about 1.5 to 2 lbs).

Honey: 1/3 cup for that perfect floral sweetness and caramelization.

Soy Sauce: 1/4 cup for salt and depth.

Garlic: 3-4 cloves, finely minced (the more the better!).

Olive Oil: 2 tablespoons to help the marinade stick.

Spices: 1 teaspoon paprika, 1/2 teaspoon dried thyme, and 1/2 teaspoon black pepper.

Sweet Potatoes: 2 large, peeled and cubed into 1-inch pieces.

Green Beans: 2 cups of fresh beans, trimmed.

Olive Oil: 2 tablespoons for roasting.

Seasoning: Salt and black pepper to taste.

Swaps and Recipe Notes:

The Protein: You can easily swap the chicken breasts for boneless chicken thighs. Just keep an eye on the internal temperature, as thighs may take an extra 5 minutes.

The Veggies: If you aren't a fan of sweet potatoes, Yukon Gold or Red potatoes work perfectly. Just ensure they are cut small so they cook through.

Gluten-Free: Swap the soy sauce for Tamari or coconut aminos to make this entire meal gluten-free.

Heat: If you like a kick, add a teaspoon of red chili flakes to the marinade.

Step-by-Step Instructions:

1. Preheat and Prep:
2. Whisk the Glaze:
3. Marinate the Chicken:
4. The First Roast:
5. Assemble the Pan:
6. The Final Roast:
7. Rest and Serve:

Tips for Success:

Uniform Cubes: Try to cut your sweet potatoes into even 1-inch cubes. If some are massive and some are tiny, you'll end up with a mix of crunchy and mushy potatoes.

Don't Overcrowd: Use a large sheet pan. If the vegetables are piled on top of each other, they will steam instead of roast.

Fresh is Best: Use fresh green beans rather than canned. Frozen works in a pinch, but they won't get that lovely roasted snap.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 385 kcal

Protein: 32g

Carbohydrates: 42g

Fat: 11g

Fiber: 6g

Sugar: 24g (primarily from honey and sweet potatoes)

DIRECTIONS

1. **Preheat and Prep:** Preheat your oven to 400°F (200°C). I highly recommend lining a large rimmed baking sheet with parchment paper. This ensures the honey glaze doesn't stick to the pan and makes cleanup a 30-second task.
2. **Whisk the Glaze:** In a medium bowl, whisk together the honey, soy sauce, minced garlic, olive oil, paprika, thyme, and black pepper. This sauce is the star of the show.
3. **Marinate the Chicken:** Place the chicken in a bowl or bag and pour half of the sauce over it. Let it sit for at least 20-30 minutes. This step is crucial for getting flavor deep into the meat. Save the other half of the sauce for later!
4. **The First Roast:** Toss your cubed sweet potatoes with olive oil, salt, and pepper on the baking sheet. Roast them alone for 15 minutes. Since potatoes take longer than chicken and beans, this head start ensures everything is perfectly tender at the same time.
5. **Assemble the Pan:** Remove the pan from the oven. Add the green beans and toss them with the potatoes. Move the veggies aside slightly to make room for the marinated chicken breasts.
6. **The Final Roast:** Pour the reserved honey garlic sauce over the chicken and the vegetables. Return the pan to the oven and roast for 20-25 minutes. You are looking for an internal temperature of 165°F for the chicken.
7. **Rest and Serve:** Let the meat rest for 5 minutes before slicing. This allows the juices to redistribute. Spoon any remaining glaze from the bottom of the pan over the top before serving.

8. **Tips for Success: Uniform Cubes:** Try to cut your sweet potatoes into even 1-inch cubes. If some are massive and some are tiny, you'll end up with a mix of crunchy and mushy potatoes.
9. **Don't : Overcrowd:** Use a large sheet pan. If the vegetables are piled on top of each other, they will steam instead of roast.
10. **Fresh is : Best:** Use fresh green beans rather than canned. Frozen works in a pinch, but they won't get that lovely roasted snap.
11. **Serving Suggestions and Pairings:** This is a complete meal on its own, but if you have a hungry family, a side of fluffy jasmine rice or quinoa is great for soaking up the extra honey garlic sauce.
12. **To drink, I love pairing this with something bright and acidic to cut through the richness of the honey.** My Blueberry Lemonade is the perfect refreshing companion for a sunny evening dinner.
13. **If you are craving a : Southern-style feast instead,** you can't go wrong with a bowl of Cajun Chicken Sausage Gumbo.
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19. **Sugar:** 24g (primarily from honey and sweet potatoes)
20. **Storage and Leftover Tips: Refrigerate:** Store leftovers in an airtight container for up to 4 days.
21. **Reheat:** The best way to reheat this is in a skillet over medium heat or in the air fryer at 350°F for 3-5 minutes to keep the veggies crisp.
22. **Meal : Prep:** This is one of my favorite meal-prep recipes because the flavors actually deepen the next day.
23. **More Recipes You Will Love:** If you still have a sweet tooth after this savory meal, try these Chocolate Chip Cookie Bites. They are the perfect bite-sized dessert to end the night!
24. **Final Thoughts: Sheet-pan cooking is all about working smarter, not harder.** This Honey Garlic Chicken proves that you don't need a million ingredients or a massive cleanup to enjoy a high-quality, delicious dinner.
25. **Did you make this recipe? I'd love to hear how it turned out!** Leave a comment below or tag us on social media. Don't forget to follow ChefManiac for more easy weeknight inspiration.

SWAPS & NOTES

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

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