

## Flavor-Packed Grilled Chicken with Roasted Potatoes and Creamy Sauce

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**OVEN**  
**400°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Chicken:

- 4 boneless skinless chicken breasts
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp dried thyme

Salt to taste

Black pepper to taste

For the Roasted Potatoes:

- 6 to 8 baby potatoes, halved
- 1 tsp dried rosemary

For the Creamy Dijon Sauce:

- 1/2 cup heavy cream
- 2 tbsp Dijon mustard
- 2 tbsp chicken broth
- 1 tbsp butter
- Fresh parsley, chopped for garnish

### DIRECTIONS

1. Roast the Potatoes: Preheat your oven to 400°F (200°C).
2. Toss the halved baby potatoes with:
3. 1 tablespoon olive oil
4. Dried rosemary
5. Salt and black pepper
6. Spread them on a baking sheet and roast for 25-30 minutes, flipping halfway through until golden and crispy.
7. Season the Chicken: While the potatoes roast, rub the chicken breasts with the remaining olive oil.
8. Season with garlic powder, paprika, dried thyme, salt, and black pepper.
9. Grill the Chicken: Grill the chicken over medium-high heat for 6-7 minutes per side until fully cooked and the internal temperature reaches 165°F (74°C).
10. Allow the chicken to rest for a few minutes before slicing.
11. Make the Creamy Dijon Sauce: In a small saucepan over medium heat, melt the butter.
12. Add the heavy cream, : Dijon mustard, and chicken broth.
13. Bring the mixture to a gentle simmer and cook for 3-4 minutes until slightly thickened.
14. Season with salt and black pepper to taste.
15. Serve: Plate the sliced grilled chicken with roasted potatoes and drizzle the creamy Dijon sauce over the top.
16. Finish with freshly chopped parsley.

### SWAPS & NOTES

This recipe is flexible and easy to adapt based on what you have in the kitchen.

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

Original recipe: <https://chefmaniac.com/recipe/flavor-packed-grilled-chicken-with-roasted-potatoes-and-creamy-sauce/>