

One-Pan Garlic Herb Chicken and Potatoes: A Simple Sheet Pan Dinner

Easy Garlic Herb Chicken Traybake with Crispy Potatoes



OVEN
400°F

TIME
10 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

Chicken Breasts: 1 lb (boneless, skinless)

Yukon Gold Potatoes: 1 lb (washed and cut into wedges)

Olive Oil: 2 tbsp (divided)

Garlic Powder: 1 tsp

Dried Parsley Flakes: 1 tsp

Paprika: 1/2 tsp (for that golden color)

Dried Rosemary: 1/8 tsp (crushed)

Cayenne Pepper: 1/8 tsp (optional, for a tiny hint of warmth)

Salt & Black Pepper: To taste

Fresh Parsley: 2 tbsp (chopped, for garnish)

Swaps and Notes:

Potatoes: Yukon Golds are my favorite for traybakes because their thin skin gets extra crispy without peeling, but Russets or red potatoes work perfectly too.

The Chicken: If you prefer chicken thighs, go for it! They are extra juicy and forgiving. Just add about 5-10 minutes to the total baking time.

Add Veggies: Want to make it a "full" traybake? Toss in some broccoli florets or bell pepper strips during the last 15 minutes of roasting.

Step-by-Step Instructions:

1. Prep and Preheat:
2. Season the Potatoes:
3. Prepare the Chicken:

4. The Traybake Assembly:

5. Roast to Perfection:

6. Garnish and Serve:

Tips for Success:

Uniform Slicing: Try to cut your potato wedges into similar sizes. This ensures they all finish cooking at the exact same time.

The "Dry" Chicken Secret: Always pat your chicken dry before adding oil and spices. This helps the seasonings stick and allows the surface to brown beautifully.

Resting is Required: Giving the chicken a few minutes to rest after it comes out of the oven is the difference between "good" chicken and "the juiciest chicken ever."

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 360 kcal

Total Fat: 12g

Carbohydrates: 28g

Protein: 34g

Fiber: 4g (Note: Based on 4 servings.)

Storage and Leftover Tips:

More Recipes You Will Love:

One Pan Breakfast Bake - Because one-pan meals are great for any time of day!

DIRECTIONS

- 1. Prep and Preheat:** Preheat your oven to 400°F (205°C). Line a large, rimmed sheet pan with parchment paper or aluminum foil for the easiest cleanup of your life.
- 2. Season the Potatoes:** In a large bowl, toss the potato wedges with 1 tablespoon of olive oil and half of the garlic powder, parsley, paprika, salt, and pepper. Spread them out in a single layer on the prepared sheet pan.
- 3. Prepare the Chicken:** Pat the chicken breasts dry with a paper towel. If they are very thick, slice them in half lengthwise (into cutlets) so they cook at the same rate as the potatoes. Rub the chicken with the remaining tablespoon of olive oil and the rest of the herb-spice blend.
- 4. The Traybake Assembly:** Push the potatoes to the edges of the pan and nestle the chicken pieces in the center. Make sure nothing is overcrowded-this ensures the air can circulate so the potatoes get crispy instead of steamed.
- 5. Roast to Perfection:** Bake for 30-35 minutes. The chicken is done when it reaches an internal temperature of 165°F (74°C). For extra-crispy potatoes, you can give them a quick toss halfway through the cooking time.
- 6. Garnish and Serve:** Let the chicken rest for 5 minutes before slicing-this keeps the juices inside! Sprinkle with fresh parsley and serve with a lemon wedge for a bright finish.
- 7. Tips for Success: Uniform Slicing:** Try to cut your potato wedges into similar sizes. This ensures they all finish cooking at the exact same time.

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10. Serving Suggestions and Pairings: This traybake is a complete meal on its own, but a side of 15-Minute Margherita Flatbread is never a bad idea. To drink, pair it with a refreshing Pineapple Breeze Fizz to balance the savory garlic. If you have a sweet tooth, follow this up with a slice of Swedish Apple Cake.
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13. Carbohydrates: 28g
14. Protein: 34g
15. Fiber: 4g (Note: Based on 4 servings.)
16. Storage and Leftover Tips: Leftovers make an incredible lunch! Store in an airtight container in the fridge for up to 3 days. To keep the potatoes crispy, reheat in an air fryer at 350°F for 5 minutes or in a toaster oven. If using a microwave, the potatoes will soften, but the flavor will still be fantastic.
17. More Recipes You Will Love: One Pan Breakfast Bake - Because one-pan meals are great for any time of day!
18. Fajita : Chicken Casserole - Another easy chicken winner for busy nights.
19. Cheddar : Bay Ground Beef Cobbler - For the ultimate savory comfort food craving.
20. Final Thoughts: The Garlic Herb Chicken Traybake is the ultimate proof that you don't need a sink full of dishes to have a restaurant-quality dinner. It's rustic, healthy, and incredibly satisfying.
21. What's your favorite herb to pair with chicken? I'm a huge fan of extra rosemary, but I'd love to hear your favorites! Let me know in the comments, and don't forget to follow ChefManiac for more easy-bake wins. Happy cooking!

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