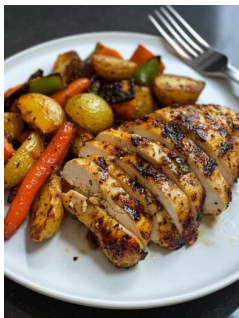


The Perfect Healthy Grilled Chicken with Crispy Roasted Potatoes and Veggies

Grilled Chicken with Roasted Vegetables & Potatoes



OVEN
400°F

TIME
30 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

For the Grilled Chicken:

Protein: 1 large boneless, skinless chicken breast.

The Zest: 1 Tbsp lemon juice and 1 Tbsp olive oil.

The Spice Blend: 1 tsp garlic powder, 1 tsp smoked paprika, 1/2 tsp salt, 1/2 tsp black pepper, and 1/2 tsp dried oregano.

For the Roasted Potatoes:

The Base: 2 medium potatoes, diced into 1-inch cubes.

Seasoning: 1 Tbsp olive oil, 1/2 tsp salt, 1/2 tsp black pepper, 1/2 tsp paprika, and 1/2 tsp garlic powder.

For the Roasted Vegetables:

The Medley: 1/2 cup sliced carrots, 1/2 cup chopped bell peppers, and 1/2 cup snap peas.

Seasoning: 1 Tbsp olive oil, 1/2 tsp salt, 1/2 tsp black pepper, and 1/2 tsp Italian seasoning.

DIRECTIONS

- 1.** Marinate the Chicken: In a small bowl, whisk together the olive oil, lemon juice, garlic powder, smoked paprika, oregano, salt, and black pepper. Coat the chicken breast thoroughly and let it marinate for at least 15-30 minutes. The lemon juice not only adds flavor but also helps tenderize the meat.
- 2.** Roast the Potatoes: Preheat your oven to 400°F (200°C). Toss your diced potatoes with olive oil and the seasoning blend. Spread them in a single layer on a baking tray. Roast for 30 minutes total, or until they are golden and crispy. Pro-Tip: Don't crowd the pan, or the potatoes will steam rather than crisp!
- 3.** Roast the Vegetables: On a separate tray (or the other half of a large sheet pan), toss your carrots, bell peppers, and snap peas with olive oil and Italian seasoning. Roast at 400°F for 30 minutes, stirring halfway through to ensure an even char.
- 4.** Grill the Chicken: While the vegetables are roasting, heat your grill to medium heat. Grill the chicken for about 7 minutes per side. Use a meat thermometer to ensure the internal temperature reaches 165°F. Once done, let the chicken rest for 5 minutes before slicing; this keeps the juices inside!
- 5.** Plate and Serve: Slice the chicken against the grain and arrange it alongside a generous heap of roasted potatoes and vibrant vegetables.

SWAPS & NOTES

The Potatoes: Yukon Gold or Red potatoes work best for

roasting because they hold their shape and get incredibly
crispy.

The Vegetables: If you don't have snap peas, zucchini or
asparagus make excellent substitutes.

A cast-iron grill pan on the stovetop works perfectly to get

those iconic char marks.

Flavor Boost: Feel free to sprinkle some feta cheese over the vegetables right before serving for a salty, creamy finish.

TIPS FOR SUCCESS

Consistent Cutting: Try to cut your potato cubes into roughly the same size.

This ensures they all finish cooking at the same time.

The Snap Pea Timing: If you like your snap peas with a bit of "crunch," add them to the vegetable tray during the last 15 minutes of roasting instead of the full 30.

Rest Your Meat: Never slice chicken the second it comes off the grill.

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

Original recipe: <https://chefmaniac.com/the-perfect-healthy-grilled-chicken-with-crispy-roasted-potatoes-and-veggies/>