

30-Minute Balanced Meal: Lemon-Garlic Grilled Chicken and Sweet Potato

Grilled Chicken with Sweet Potato & Steamed Veggies



OVEN
400°F

TIME
10 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

The Protein: 2 boneless, skinless chicken breasts.

The Complex Carb: 1 large sweet potato.

The Greenery: 1 cup mixed vegetables (broccoli, carrots, and cauliflower).

The Rub: 1 Tbsp olive oil, 1 tsp garlic powder, 1 tsp paprika, $\frac{1}{8}$ tsp salt, and $\frac{1}{8}$ tsp black pepper.

The Kick: $\frac{1}{8}$ tsp cayenne pepper (optional).

The Finisher: 1 Tbsp butter (for that perfect sweet potato texture).

DIRECTIONS

- 1. Bake the Sweet Potato:** Preheat your oven to 400°F (200°C). Wash your sweet potato thoroughly and pierce it several times with a fork to let steam escape. Place it directly on the oven rack (with a piece of foil on the rack below to catch any drips) and bake for 45-50 minutes until it is soft to the touch.
- 2. Season the Chicken:** While the potato is roasting, prepare your chicken. Rub the breasts with olive oil and then apply the garlic powder, paprika, salt, black pepper, and optional cayenne. Ensure the seasoning is pressed into the meat so it forms a beautiful crust on the grill.
- 3. Grill to Perfection:** Heat your grill or a heavy skillet over medium-high heat. Place the chicken on the heat and cook for 8-10 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 serving to keep it juicy.
- 4. Steam the Veggies:** While the chicken is resting, place your mixed vegetables in a steamer basket over a pot of boiling water. Cover and steam for about 15 minutes until they are tender but still have a slight "snap." Toss them lightly with a tiny drizzle of olive oil and a pinch of salt.
- 5. Assemble and Enjoy:** Slice the baked sweet potato down the middle, add the butter, and fluff the insides with a fork. Plate it alongside your seasoned grilled chicken and a heap of vibrant steamed veggies.

SWAPS & NOTES

The Sweet Potato: If you are short on time, you can "bake" the sweet potato in the microwave for 7-10 minutes, though the oven method results in a much sweeter, caramelized flavor.

The Veggies: Feel free to swap the broccoli/cauliflower mix for green beans, asparagus, or zucchini.

The Oil: Avocado oil is a great alternative to olive oil for the grill, as it has a higher smoke point.

Toppings: To level up your sweet potato, try adding a sprinkle of cinnamon, a dollop of Greek yogurt (a great sour cream sub!), or even some chopped chives.

TIPS FOR SUCCESS

Rest the Chicken: I can't emphasize this enough-if you cut the chicken immediately, the juices will run out, and your healthy meal will be dry.

Uniform Veggies: Try to cut your broccoli and cauliflower florets into similar sizes so they steam evenly.

The Fork Test: Your sweet potato is done when a fork slides into the center with zero resistance.

If it feels firm, give it another 5-10 minutes.

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

Original recipe: <https://chefmaniac.com/30-minute-balanced-meal-lemon-garlic-grilled-chicken-and-sweet-potato/>