

## Flavor-Packed Spicy Garlic Chicken and SautØed Potato Skillet

Spicy Garlic Chicken with Roasted Brussels Sprouts & SautØed Potatoes



**OVEN**  
**400°F**

**TIME**  
**25 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Spicy Garlic Chicken:

Protein: 2 boneless, skinless chicken breasts (cut into chunks).

Seasoning: 1 Tbsp olive oil, 1 tsp smoked paprika,  $\frac{1}{2}$  tsp garlic powder,  $\frac{1}{2}$  tsp onion powder,  $\frac{1}{2}$  tsp chili powder, ... tsp salt, and ... tsp black pepper.

For the Roasted Brussels Sprouts:

The Veggie: 1 cup Brussels sprouts (halved).

The Roast: 1 Tbsp olive oil,  $\frac{1}{2}$  tsp garlic powder, ... tsp salt, and ... tsp black pepper.

For the SautØed Potatoes & Peppers:

The Base: 1 medium potato (diced).

The Medley:  $\frac{1}{2}$  cup bell peppers (red & green),  $\frac{1}{2}$  small onion (chopped).

Seasoning: 1 Tbsp olive oil,  $\frac{1}{2}$  tsp paprika, ... tsp salt, and ... tsp black pepper.

### DIRECTIONS

1. **Roast the Brussels Sprouts:** Preheat your oven to 400°F (200°C). Toss the halved Brussels sprouts with olive oil, garlic powder, salt, and pepper in a bowl or directly on a baking sheet. Arrange them cut-side down for maximum browning. Roast for 25 minutes until they are crispy and have those delicious charred outer leaves.
2. **SautØ the Potatoes & Peppers:** Heat olive oil in a medium pan over medium heat. Add the diced potatoes and cook for 8-10 minutes, stirring occasionally so they don't stick. Once the potatoes start to soften and brown, add the bell peppers, onions, paprika, salt, and pepper. SautØ for another 5-6 minutes until the onions are translucent and the peppers are tender.
3. **Cook the Spicy Garlic Chicken:** While the potatoes are finishing, heat olive oil in a separate skillet over medium-high heat. Toss your chicken chunks with the paprika, garlic powder, onion powder, chili powder, salt, and pepper. SautØ for about 8 minutes. The small chunks cook quickly and develop a beautiful spiced crust.
4. **Assemble and Serve:** Plate a generous scoop of the sautØed potatoes and peppers, a heap of the charred Brussels sprouts, and the spicy garlic chicken.

### SWAPS & NOTES

**The Potatoes:** Use Yukon Gold potatoes for a creamier interior or Russet potatoes for a crispier edge.

**The Heat:** If you like it extra spicy, add a pinch of cayenne

pepper to the chicken seasoning.

Brussels Sprouts Tip: Make sure the sprouts are completely dry before tossing them in oil.

Moisture is the enemy of crispiness!

## TIPS FOR SUCCESS

**The Sizzle:** Ensure your chicken skillet is hot before adding the meat.

You want to hear that sizzle immediately to lock in the juices and get a good sear.

**Uniform Dicing:** Cut your potatoes into small, even cubes (about 3/8 inch) so they cook through at the same rate as the peppers and onions.

**Oven Placement:** Place the Brussels sprouts on the bottom rack of the oven for a bit more direct heat to help caramelize the flat edges.

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

Original recipe: <https://chefmaniac.com/recipe/flavor-packed-spicy-garlic-chicken-and-sauteed-potato-skillet/>