

Garlic Parmesan Chicken and Potatoes Recipe for an Easy One-Pan Dinner

1 1/2 pounds chicken breasts or boneless chicken thighs



OVEN
400°F

TIME
30 to 40 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 1/2 pounds chicken breasts or boneless chicken thighs
- 1 1/2 pounds baby potatoes, halved
- 4 tablespoons unsalted butter, melted
- 4 to 5 cloves garlic, minced
- 1/2 cup grated Parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- Salt, to taste
- Black pepper, to taste
- 1 tablespoon chopped fresh parsley, for garnish

DIRECTIONS

1. Preheat your oven to 400°F and lightly grease a large sheet pan or baking dish.
2. In a small bowl, stir together the melted butter, olive oil, garlic, Italian seasoning, paprika, onion powder, salt, and black pepper.
3. Place the potatoes on the pan and toss them with about half of the garlic butter mixture. Spread them out in an even layer.
4. Add the chicken to the pan and brush or spoon the remaining garlic butter mixture over the top.
5. Sprinkle : Parmesan evenly over both the chicken and potatoes.
6. Roast for 30 to 40 minutes, or until the chicken is cooked through and the potatoes are tender and golden. If needed, broil for 2 to 3 minutes at the end for extra color.
7. Remove from the oven, garnish with parsley, and serve hot.

SWAPS & NOTES

Chicken thighs are a great option if you want even more flavor and a little extra forgiveness during baking.

If you use chicken breasts, try to pound them to an even thickness so they cook evenly.

Baby Yukon Gold or red potatoes work especially well here because they roast beautifully and stay creamy inside.

If you only have larger potatoes, just cut them into small, uniform chunks.

TIPS FOR SUCCESS

Cut the potatoes into similar-sized pieces so they roast evenly.

If your chicken pieces are very thick, give the potatoes a 10-minute head start before adding the chicken.

That helps everything finish at the same time.

A little space helps the potatoes roast instead of steam.

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

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