

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

4 boneless, skinless chicken breasts or thighs



OVEN
400°F

TIME
30 to 40 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts or thighs
- 1 1/2 pounds baby potatoes, halved
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup grated Parmesan cheese
- 2 tablespoons melted butter
- 1 tablespoon chopped fresh parsley, for garnish

DIRECTIONS

1. Preheat the oven. Set your oven to 400°F and lightly grease a large baking dish or sheet pan.
2. Season the potatoes. In a large bowl, toss the halved potatoes with 2 tablespoons of olive oil, half of the minced garlic, Italian seasoning, paprika, salt, and pepper. Spread them on one side of the pan.
3. Prepare the chicken. Rub the chicken with the remaining olive oil, garlic, and a little extra salt and pepper. Place the chicken on the other side of the pan.
4. Add : Parmesan and butter. Drizzle the melted butter over the chicken and potatoes, then sprinkle the Parmesan evenly over everything.
5. Bake. Roast for 30 to 40 minutes, depending on the size of the chicken pieces, until the chicken is cooked through and the potatoes are fork-tender and golden.
6. Finish and serve. Garnish with chopped parsley and an extra sprinkle of Parmesan before serving.

SWAPS & NOTES

Chicken thighs are a great choice if you want even more flavor and a slightly juicier texture, while chicken breasts keep the dish leaner and still work beautifully.

Baby Yukon Gold or red potatoes are ideal because they roast evenly and get tender inside while crisping up on the edges.

Freshly grated Parmesan will melt and roast a little better than the shelf-stable kind, but either can work in a pinch.

If you want even more garlic flavor, add one extra clove or a light sprinkle of garlic powder along with the fresh garlic.

TIPS FOR SUCCESS

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

If some are much larger than others, you may end up with a mix of overdone and underdone bites, which can throw off the whole dish.

Giving the chicken and potatoes a little breathing room helps them roast instead of steam, which means better browning and more flavor.

If your potatoes need a head start, roast them for about 10 minutes before adding the chicken.

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

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