Sheet-Pan Lemon Herb Chicken Dinner

A simple, step-by-step chicken dinner

6 servings • Prep 20 min | Cook 30 min | Rest 5 min • Difficulty: Easy



Ingredients

- 1 1/2 lb (680 g) boneless, skinless chicken breast, thawed
- 1 lb (454 g) sweet potatoes, cut into 3/4-inch cubes
- 1 red bell pepper (150 g), sliced
- 1 red onion (150 g), cut into wedges
- 2 tbsp (30 ml) olive oil
- 1 tsp (1 g) dried rosemary
- 1 tsp (1 g) dried thyme
- 3/4 tsp (4 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 lemon, cut into wedges

Serving

Serve six plates with sliced chicken, roasted vegetables and a lemon wedge.

Method

1. Heat oven to 425°F (220°C). Toss sweet potato, pepper and onion with oil, rosemary, thyme, salt and pepper. Roast 15 minutes.
2. Turn the vegetables and nestle chicken breasts between them. Add lemon wedges.
3. Bake 18–24 minutes until the thickest chicken section reaches 165°F (74°C). If sizes differ, remove cooked breasts early.
4. Rest chicken 5 minutes, slice and serve with roasted vegetables and pan juices.

COOKING NOTES

Technique: Give the dense sweet potatoes a 15-minute head start. Cut the vegetables uniformly so they roast at a similar pace.

Safe doneness: Check the thickest point of the chicken with an instant-read thermometer: 165°F (74°C).

VARIATIONS & STORAGE

Variations: Garlic paprika: add 2 minced garlic cloves and use paprika instead of rosemary. Green beans: swap in 8 oz (227 g) trimmed beans. Boneless thighs: use evenly sized pieces and check for 165°F (74°C).

Storage: Refrigerate in shallow covered containers within 2 hours; keep at 40°F (4°C) or below and use within 3–4 days. Freeze up to 2–3 months; thaw in the refrigerator. Reheat the portion needed until it reaches 165°F (74°C).