Chicken Dishes Recipes

Prep 20 min | **Cook** 40 min | **Total** 60 min | **Serves** 6 | **Difficulty** Medium



This one-pan chicken dinner pairs lemon-garlic chicken with potatoes, red onion and green beans. Stagger the vegetables so the potatoes get a head start, then check the chicken with a thermometer before serving.

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast, thawed
- 1 lb (454 g) baby potatoes, halved
- 1 red onion (150 g), cut into wedges
- 8 oz (227 g) green beans, trimmed
- 2 tbsp (30 ml) olive oil
- 1 lemon, zest and 2 tbsp (30 ml) juice
- 3 garlic cloves (9 g), minced
- 1 tsp (1 g) dried oregano
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

Cook's note: *Use a large rimmed sheet pan so ingredients can sit in one layer. If chicken breasts vary in thickness, pound the thick ends gently to even them before baking.*

Method

1. Heat oven to 425°F (220°C). Toss potatoes and onion with half the oil, salt and pepper. Roast 15 minutes.
2. Mix remaining oil with lemon zest and juice, garlic and oregano. Coat chicken with this mixture.
3. Move potatoes to the edges. Add chicken and green beans to the pan and roast 18–22 minutes, turning beans once.
4. Check the thickest part of each breast for 165°F (74°C). Remove cooked pieces; roast potatoes a few more minutes if needed.
5. Rest chicken 5 minutes, slice and serve with the pan vegetables and lemony juices.

Doneness: *Check the thickest part of each chicken piece with a thermometer; cook to 165°F (74°C).*
Storage: *Refrigerate leftovers promptly in shallow covered containers and use within 3–4 days.*