Family Recipes Chicken Recipes

Serves 4 | Difficulty: Easy | Prep 15 min | Cook 45 min



INGREDIENTS

1 1/2 lb (680 g) boneless skinless chicken breast
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper
1 lb (454 g) baby potatoes, quartered
2 cups (180 g) broccoli florets
1 tsp (2 g) paprika
1 tsp (3 g) garlic powder

METHOD

1. Heat oven to 400°F (205°C).
2. Cut chicken into four even cutlets.
3. Toss potatoes with half the oil and seasonings; roast on a lined tray 20 minutes.
4. Add chicken and broccoli tossed with remaining oil and seasonings.
5. Roast 20-25 minutes, turning vegetables once, until chicken reaches 165°F (74°C) and potatoes are tender.
6. Rest 5 minutes.

Storage & reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Previously cooked ingredients retain their original storage deadline. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.