Sunday Chicken Dinner Ideas Recipes

Prep: 15 min Cook: 55 min Difficulty: Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 lb (450 g) potatoes, cubed
- 2 carrots, sliced
- 2 cups (200 g) broccoli florets
- 1 tsp dried rosemary
- 1/2 tsp (3 g) salt, adjusted to taste
- 1/4 tsp (0.5 g) ground black pepper
- 1 lemon, wedged

Method

1. Heat oven to 425°F (220°C). Toss potatoes and carrots with half the oil and seasonings and roast on a large tray for 20 minutes.

2. Add chicken with remaining oil and seasoning; roast 20 minutes, then add broccoli and roast 10-15 minutes until chicken reaches 165°F (74°C) and potatoes are tender. Rest 5 minutes and serve with lemon.

Food safety

Cook raw chicken and reheat cooked chicken to 165°F (74°C), measured with a food thermometer.

Cut ingredients evenly and check temperature rather than relying on timing alone.

Cooking stages



- Ingredients: chicken thighs, potatoes, carrots, broccoli, rosemary, lemon and oil.
- Prep: cube potatoes, slice carrots and cut broccoli into florets; season chicken separately.
- Cooking: roast potatoes and carrots first for 20 minutes.
- Finishing: add seasoned chicken, then broccoli, and roast until chicken reaches 165°F (74°C).
- Serving: serve the roasted chicken and vegetables together.