Weeknight Chicken Recipes

Weeknight Chicken Recipes uses boneless skinless chicken breast and the sheet pan method. Give potatoes a head start so all components finish together.

PREP	COOK	ADDITIONAL	YIELD
15 min	37 min	5 min	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 lb (450 g) baby potatoes, halved
- 2 cups (250 g) broccoli florets
- 1 tsp (2 g) paprika
- 1/2 tsp garlic powder
- 1 tbsp (15 ml) lemon juice
- 1 additional tbsp (15 ml) olive oil

METHOD

1. Heat oven to 425°F (220°C). Toss potatoes with half the oil, half the salt and paprika on a rimmed pan; roast 15 minutes.
2. Cut chicken into four cutlets and toss with remaining oil, salt, pepper, garlic and lemon.
3. Add chicken and broccoli to the pan, spreading everything into one layer.
4. Roast 18–22 minutes more, turning broccoli once, until potatoes are tender and chicken reaches 165°F (74°C). Rest chicken 5 minutes.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

Give potatoes a head start so all components finish together. Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Skipping the thermometer check.

Crowding the cooking surface.

Changing the chicken cut without adjusting the cooking time.

DONENESS

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

VARIATIONS

Carrot: replace broccoli with thin carrot sticks, adding them with potatoes.

Herb: add rosemary to potatoes.

Chilli: add a pinch of chilli flakes.

SERVING

Serve the chicken, potatoes and broccoli together.

STORAGE, FREEZING & REHEATING

Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

QUICK FAQ

Which chicken cut should I use? Use boneless skinless chicken breast as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.