



Introduction

One-pan meals are a fantastic way to combine convenience with delicious flavors, and this Garlic Herb Chicken with Potatoes and Green Beans recipe encapsulates that perfectly. This dish not only minimizes cooking time and clean-up but also packs a punch with savory herbs and tender vegetables. It's an all-in-one meal that's ideal for busy weeknights or cozy family dinners.

Detailed Ingredients with measures

- Chicken thighs: 4 pieces

- Olive oil: 2 tablespoons
- Garlic: 4 cloves, minced
- Fresh thyme: 2 teaspoons
- Fresh rosemary: 2 teaspoons
- Potatoes: 1 pound, diced
- Green beans: 1 pound, trimmed
- Salt: to taste
- Black pepper: to taste

Prep Time

15 minutes

Cook Time, Total Time, Yield

- Cook Time: 30 minutes
- Total Time: 45 minutes
- Yield: Serves 4

This recipe delivers a hearty and flavorful meal all from a single pan, making it a perfect addition to your weeknight dinner rotation. Enjoy the delightful combination of garlic, herbs, and tender chicken, paired with vibrant vegetables.



Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 400°F (200°C). This will ensure that your chicken and vegetables cook evenly.

Step 2: Prepare the Chicken

Pat the chicken breasts dry with paper towels. Season both sides generously with salt, pepper, and the garlic herb seasoning mix.

Step 3: Assemble the Potatoes and Green Beans

In a large bowl, combine the diced potatoes and green beans. Drizzle with olive oil and season with salt and pepper. Toss to coat evenly.

Step 4: Arrange Ingredients in the Pan

In a large baking dish or sheet pan, arrange the seasoned chicken breasts in the center. Surround them with the seasoned potatoes and green beans.

Step 5: Roast in the Oven

Place the baking dish in the preheated oven. Roast for approximately 25-30 minutes, or until the chicken is cooked through and the potatoes are tender.

Step 6: Check for Doneness

Use a meat thermometer to ensure the chicken has reached an internal temperature of 165°F (74°C). If needed, return to the oven for additional cooking time.

Step 7: Rest and Serve

Once cooked, remove the pan from the oven and let the chicken rest for 5-10 minutes before serving. This allows the juices to redistribute.

Notes

Note 1: Seasoning Options

Feel free to customize the seasoning to your preferences. You can add additional herbs such as rosemary or thyme for extra flavor.

Note 2: Vegetable Variations

You can substitute or add other vegetables such as carrots or bell peppers to the dish based on your preference.

Note 3: Storage Instructions

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave or oven before serving.

Note 4: Serving Suggestions

This dish pairs well with a side salad or crusty bread for a complete meal.



Cook techniques

One-Pan Cooking

One-pan cooking not only minimizes the mess but also allows the flavors of the ingredients to meld beautifully. By cooking everything together, you achieve a harmonious taste that is both convenient and delicious.

Roasting

Roasting is a technique that uses dry heat in the oven. It helps to develop rich flavors and a pleasing texture. The sugars in the potatoes caramelize while the chicken gets a beautiful golden crust.

Herb Infusion

Infusing the dish with fresh herbs enhances flavor. Chopping herbs finely and mixing them with oil creates a fragrant coating for the chicken, which complements the vegetables.

Par-Cooking

Par-cooking the potatoes before adding them to the pan ensures they should be tender by the time the chicken has cooked through. This technique helps achieve a perfect balance between cooking times.

Vegetable Timing

Adding green beans towards the end of the cooking process ensures they remain vibrant and slightly crisp. This technique prevents overcooking and preserves their nutritional value and texture.

FAQ

Can I use other vegetables in this recipe?

Yes, you can substitute other vegetables such as carrots, bell peppers, or zucchini, depending on your preference.

What type of chicken is best for this dish?

Skin-on, bone-in chicken thighs are recommended for moist, flavorful results, but you can also use boneless skinless pieces if preferred.

Can I prepare this dish in advance?

You can prep the ingredients ahead of time and store them in the fridge, but it's best to cook it fresh for the best flavor and texture.

How do I store leftovers?

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the oven or microwave before serving.

Can I double the recipe?

Yes, you can double the recipe, but you may need to cook it in batches or use a larger pan to ensure even cooking.



Conclusion

This One Pan Garlic Herb Chicken with Potatoes and Green Beans is a delicious and easy meal that brings together tender chicken, flavorful herbs, and perfectly roasted vegetables. The combination of garlic and herbs not only enhances the taste but also makes for a comforting dish that can be prepared in minimal time and effort, making it ideal for busy weeknights.

More recipes suggestions and combination

One Pan Lemon Herb Salmon

Try this flavorful substitution with salmon fillets, fresh lemon, and asparagus

for a refreshing twist on a quick weeknight dinner.

One Pan Veggie and Quinoa Bake

A healthy vegetarian alternative featuring a mix of seasonal vegetables and quinoa, seasoned with herbs for a hearty meal.

Garlic Butter Shrimp with Broccoli

For seafood lovers, this recipe highlights garlic butter shrimp paired with vibrant broccoli, seasoned to perfection.

Spanish Chicken and Rice

This dish combines tender chicken with saffron-infused rice and bell peppers for a colorful and flavorful one-pan meal.

Beef and Vegetable Stir Fry

An easy alternative that features slices of beef and a variety of vegetables cooked quickly for a satisfying dish full of flavor.

