



Main Dish

SHEET PAN CHICKEN WITH SPICY POTATOES (BATATA HARRA)

Ready Time: 40min

1 Review

Prep Time: 15min

Cook Time: 25min

Potato Type: Yellow

Cuisine: American

Serves: 5-6

Prep Method: Baked

DESCRIPTION

Recipe by: Olivia Mesquita

A delicious and very easy one sheet pan meal with a little heat.

INGREDIENTS

24 oz. baby yellow potatoes

1/2 cup + 2 tablespoons olive oil

10 cloves of garlic, minced

Salt and freshly ground pepper to taste

1/2 teaspoon cayenne pepper

1/2 cup chopped parsley, plus more to garnish

1/4 cup Lemon juice (about 1 lemon)

4 large chicken breasts

PREPARATION

Prep Time: 15min | Cook Time: 25min

Preheat oven to 500 °F with a baking sheet inside.

When oven is hot, remove baking sheet and spray with cooking spray. Spread the baby potatoes into one layer and roast for 10 minutes.

While potatoes are roasting, mix 1/2 cup of olive oil, minced garlic, salt and pepper, cayenne pepper, parsley and lemon juice in a medium sized bowl. Reserve.

Season chicken breasts with salt and pepper. In a large skillet, over medium high heat, heat 2 Tablespoons of olive oil and brown the chicken breasts on both sides, about 4-5 minutes per side.

Once potatoes are done roasting for 10 minutes, add the chicken breasts to the baking sheet and pour the marinade into the chicken and potatoes, tossing so everything is nicely coated. Return the baking sheet to the oven and roast for another 10-15 minutes or until chicken is cooked through (165 °F) and potatoes are tender.

Sprinkle with fresh parsley and serve.