



Sheet Pan Parmesan Ranch Chicken

with Smoky Potatoes & Brussels Sprouts



50min



2 Servings

The mighty sheet pan makes this crowd-pleasing meal a cinch, even on a busy weeknight. Ranch powder and grated Parmesan season crunchy panko crumbs that coat tender chicken breasts. We roast them alongside fresh Brussels sprouts and garlicky, smoky potatoes—easy peasy! With little prep work and even less clean-up, this is sure to become a recurring favorite at your table.

What we send

- garlic
- 2 potatoes
- ¾ oz Parmesan ⁷
- ½ lb Brussels sprouts
- ¼ oz ranch seasoning ⁷
- 1 oz panko ¹
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz smoked paprika

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 38g, Carbs 61g, Protein 52g



1. Prep ingredients

Preheat oven to 425°F with a rack in the lower third.

Finely chop **2 teaspoons garlic**. Cut **potatoes** into 1-inch pieces. Finely grate **Parmesan**, if necessary.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large).



4. Add Brussels & chicken

Push **potatoes** to one side of baking sheet and toss with **garlic** and **2 teaspoons smoked paprika** (or more to taste). If potatoes look dry, drizzle with **oil**. Add **Brussels sprouts** to center of sheet and toss with **1 tablespoon oil** and a **pinch each of salt and pepper**. Place **chicken** in remaining space, sprinkle with **panko mixture**, and press to adhere onto chicken.



2. Roast potatoes

Directly on baking sheet, toss **potatoes** with **2 tablespoons oil** and a **pinch each of salt and pepper**. Transfer to lower oven rack and roast until browned underneath, about 18 minutes.



5. Finish

Roast until **potatoes** are golden, **panko** is toasted, **chicken** is cooked through, and **Brussels sprouts** are tender and charred in spots. 12-20 minutes more.

Serve **potatoes, Brussels sprouts**, and **chicken** with **reserved Parmesan** sprinkled over top.



3. Season panko

In a medium microwave-safe bowl, melt **2 tablespoons butter** in the microwave, about 30 seconds. Add **ranch powder**, **⅓ cup of the panko**, and **all but 2 tablespoons of the Parmesan** (save rest for step 5).

Pat **chicken** dry and season with **salt** and **pepper**. Drizzle with **oil**.



6. Serve

Enjoy!