

# MARLEY SPOON



## Sheet Pan Ranch Chicken & Veggies

with Parsley-Chili Oil



30-40min



2 Servings

A good old-fashioned meat-and-potatoes dinner meets America's newest favorite flavor: ranch seasoning! We coat lean chicken breasts in ranch and roast them along with peppers, onions, and potatoes. While the colorful veggies tenderize and brown, we whip up a vibrant parsley-chili oil with fresh lemon to brighten the whole plate. These alluring flavors are sure to become a favorite at your table.



## What we send

- 1 green bell pepper
- 1 bell pepper
- 1 red onion
- 2 Yukon gold potatoes
- ¼ oz fresh parsley
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz ranch seasoning <sup>7</sup>
- 1 lemon
- 1 pkt crushed red pepper

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- microplane or grater

## Cooking tip

Before cutting the lemon, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

## Allergens

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

## Nutrition per serving

Calories 530kcal, Fat 16g, Carbs 56g, Protein 47g



### 1. Heat oven & prep

Preheat oven to 450°F with a rack in the center.

Halve **peppers**, discard stems and seeds, and slice into 1-inch strips. Halve **onion**, then slice through the root end into 1-inch wedges. Scrub **potatoes**, then slice crosswise into ½-inch rounds.



### 2. Roast veggies

On a rimmed baking sheet, toss **peppers**, **onions** and **potatoes** with a **drizzle of oil**; season with **salt** and **pepper**. Roast on center oven rack until veggies are mostly tender and starting to brown in spots, 15-20 minutes.



### 4. Make parsley-chili oil

Finely grate **½ teaspoon lemon zest** and squeeze **1 teaspoon juice** into a small bowl; cut **remaining lemon** into wedges. To bowl with zest, stir in **chopped garlic**, **3 tablespoons oil**, **2 tablespoons parsley**, and a **pinch of crushed red pepper** (use more or less depending on taste); season to taste with **salt** and **pepper**.



### 5. Broil chicken & veggies

When **veggies** have roasted 15-20 minutes, remove baking sheet from oven; switch oven to broil. Carefully nestle chicken next to veggies; drizzle with **oil**. Broil on upper oven rack until veggies are charred in spots and chicken is browned and cooked through to 165°F internally, 5-15 minutes, depending on chicken size (watch closely!).



### 3. Prep ingredients

Coarsely chop **parsley**. Finely chop **1 teaspoon garlic**.

Meanwhile, pat **chicken** dry and season all over with **ranch seasoning**, **salt** and **pepper**.



### 6. Serve

Spoon **parsley-chili oil** over **chicken and veggies** and serve. Enjoy!