

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 ⁷
- 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.



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**.



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.



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!