



Easy Prep! Sheet Pan Smoked Paprika Chicken

with Sweet Potatoes & Brussels Sprouts



30-40min



2 Servings

Smoky paprika transforms simple roast chicken and veggies into something exciting and new. Brussels sprouts, sweet potatoes, and shallots caramelize in the hot oven alongside tender chicken breasts while we make a honey dressing to drizzle all over. The smoky spice is a sure trick for big flavor, minimal effort, and maximum reward.

What we send

- 1 shallot
- 1 sweet potato
- ½ lb Brussels sprouts
- ½ oz honey
- ¼ oz smoked paprika
- 12 oz pkg boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet

Cooking tip

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Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580kcal, Fat 24g, Carbs 52g, Protein 46g



1. Prep vegetables

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

Halve **shallot** through the root end, then cut into ½-inch thick wedges.

Scrub **sweet potato** and halve lengthwise; cut into ¼-inch thick half-moons.



2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes** and **shallots** with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on center oven rack until almost tender and well browned on the bottom, 15-20 minutes.



3. Prep ingredients

Trim **Brussels sprouts**, remove any tough outer leaves, then halve (quarter if large).

In a small bowl, whisk together **honey**, **¼ teaspoon smoked paprika**, **2 tablespoons oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.

Pat **chicken** dry; season all over with **remaining smoked paprika**, **salt**, and **pepper**.



4. Broil chicken & Brussels

Remove **sweet potatoes** and **shallots** from oven and switch oven to broil.

Add **Brussels sprouts** to same baking sheet and carefully toss. Nestle **chicken** between veggies and drizzle with **oil**. Broil on center oven rack until chicken is cooked through (165°F internally) and veggies are tender and charred, 8-15 minutes (watch closely; tent with foil if browning too quickly).



5. Serve

Serve **sheet pan paprika chicken and veggies** with **honey vinaigrette** spooned over top. Enjoy!



6. Rate your plate!

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