

ONE PAN LEMON ROSEMARY CHICKEN DINNER

SERVES: 4

TOTAL TIME: 1 HR

INGREDIENTS

- 1 large egg
- 3 tablespoons lemon juice (or juice of 1/2 a lemon)
- 4 teaspoons minced garlic
- 1-2 tablespoon(s) fresh chopped rosemary
- 1/2 teaspoon each salt and pepper, to season
- 1/2 cup panko breadcrumbs
- 3/4 cup fresh grated parmesan cheese
- 4 skinless, boneless chicken breasts (or thighs)*
- 1 lemon cut into quarters for serving
- 8-10 baby potatoes, quartered**
- 1/2 cup butter, melted
- salt to taste
- 1 pound brussels sprouts, cut in half



DIRECTIONS

1. Preheat oven to 400°F. Lightly grease a baking tray / sheet with cooking oil spray, or a light coating of oil. Set aside.

2. In a large bowl, whisk together the egg, 2 tablespoons of lemon juice, 2 teaspoons garlic, rosemary, salt and pepper.

3. Dip chicken into egg mixture, cover and allow to marinate in the refrigerator for 30 minutes to an hour.

4. In another bowl, combine the panko breadcrumbs with 1/2 cup of parmesan cheese.

5. Dredge the egg coated chicken in the breadcrumb/parmesan mixture, lightly pressing to evenly coat.

6. Place chicken onto the baking sheet / tray and lightly spray with cooking oil spray. Arrange the potatoes on one side of the pan in a single layer. Mix together the butter, 2 teaspoons garlic and spices to taste, and pour half of the butter mixture over the potatoes. Toss to evenly coat.

7. Arrange the brussels sprouts on the other side of the pan. Mix together olive oil, salt, and pepper and pour the mixture over the brussels sprouts. Toss to evenly coat.



DIRECTIONS

8. Bake in preheated oven for 15 minutes.

9. Remove baking tray from the oven and carefully flip each chicken breast. Pour over the remaining garlic butter and return to the oven to broil (or grill) on medium-high heat for a further 10 minutes, or until chicken is golden and crisp, and potatoes are cooked through.

10. Toss the roasted brussels sprouts with remaining parmesan, and lemon juice. Serve immediately with lemon wedges.

