

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

ONE PAN LEMON CHICKEN

This One Pan Lemon Chicken is so easy to prepare, its a matter of throwing everything onto a baking sheet and letting the oven do the work for you. An effortless dinner that takes hardly any time to prep. It's such an easy weeknight meal and the perfect dish to satisfy your craving for comfort food!



One Pan Lemon Chicken

4 servings
30 minutes

Ingredients

1 lb Chicken Breast (skinless and boneless)
4 cups Mini Potatoes (halved)
4 cups Brussels Sprouts (halved)
1/4 cup Extra Virgin Olive Oil
2 Lemon (juiced and zested)
2 tbsps Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 3 Bake for 25 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts: Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts: Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor: Add additional spices such as oregano, thyme or chili flakes.

No Mini Potatoes: Use diced regular potatoes.

Drunken Chicken: An even better chicken breast dinner, thanks to white wine. Check out our recipe for Drunken Chicken with Mushrooms.