Chicken and Sweet Potatoes Tray Bake: American Roasted Dinner

Hearty roasted thighs and root vegetables seasoned with smoked paprika and cumin



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	45 min	1 hr	6 servings	410 kcal

Ingredients

- 900 g skin-on boneless chicken thighs
- 600 g sweet potato, cubed 2 cm
- 200 g red onion, cut into wedges
- 200 g broccoli florets
- 30 ml olive oil, 2 tbsp
- 10 g smoked paprika, 2 tsp
- 2 g dried thyme, 1/2 tsp
- 2 g ground cumin, 1/2 tsp
- 1 garlic clove, minced
- 30 ml juice of 1/2 lemon
- 6 g salt, 1 tsp
- 3 g freshly ground black pepper, 1/2 tsp
- 200 ml low-sodium chicken broth

Instructions

1. Prepare the oven: Preheat your oven to 200°C fan (400°F). Line a large roasting tray with baking parchment to prevent the vegetables from sticking to the metal. This ensures an easy cleanup later.
2. Season the chicken: Rinse the chicken thighs and pat them dry with paper towels so the oil adheres better. Whisk together 2 tsp smoked paprika, 1/2 tsp dried thyme, 1/2 tsp cumin, 1 tsp salt, 1/2 tsp black pepper and 15 ml of the olive oil. Rub this mixture all over the chicken.

3. Coat the vegetables: Toss the sweet potato cubes, onion wedges and broccoli florets in the remaining 15 ml olive oil, the remaining paprika, thyme, a pinch of salt and the minced garlic. Ensure every piece is evenly coated to guarantee consistent browning.
4. Arrange and roast: Spread the coated vegetables in a single layer across the tray. Place the rubbed chicken thighs on top of the vegetable bed. Roast for 30 minutes until the chicken browns and the sweet potatoes soften.
5. Add the broth: Warm 200 ml chicken broth in a small saucepan. Pour the warm broth over the tray so it reaches the base of the vegetables. Reduce the oven temperature to 195°C (385°F) and roast for 12 minutes until the chicken reaches 74°C (165°F).
6. Rest and finish: Transfer the tray to the kitchen island. Let the chicken rest for 5 minutes so the juices redistribute through the meat. Squeeze the juice of 1/2 lemon over the tray and toss gently to mix the flavours.

Notes

How it differs from the traditional methodAdding warm chicken broth during the roasting process prevents the vegetables from drying out. This creates a more succulent texture than traditional dry roasting. Use the dry method if you prefer a charred, crispier exterior on the sweet potatoes and broccoli without the addition of moisture.

Storing and reheatingStore any leftovers at room temperature for no more than 2 hours. Place cooked portions in air-tight containers and freeze for up to 3 months. Reheat gently to ensure the chicken remains moist and the broccoli does not overcook or lose its bright green colour.