- Prep time: 15 minutes (+ 20 minutes optional marinating)
- Cook time: 40–45 minutes
- Total time: 55–60 minutes (or 35–40 minutes without marinating)
- Yield: 4 servings
- Category: Dinner, Sheet Pan Meal, Weeknight
- Cuisine: Mediterranean-American

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Ingredients

For the Garlic-Herb Marinade

- ¼ cup olive oil
- 4 cloves garlic, minced
- 2 tbsp fresh lemon juice (about 1 lemon)
- 1 tbsp Dijon mustard
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp dried rosemary, crushed
- 1 tsp salt
- ½ tsp freshly ground black pepper

- 1 tsp lemon zest (optional, for brightness)

For the Chicken and Vegetables

- 4 bone-in, skin-on chicken thighs (about 1½ lbs / 680 g), patted dry
- 1½ lbs (680 g) baby potatoes, halved (or quartered if large)
- 1 lb (450 g) fresh green beans, trimmed
- 2 tbsp olive oil (for the vegetables)
- ½ tsp salt (for the vegetables)
- ¼ tsp freshly ground black pepper (for the vegetables)
- Optional garnish: fresh parsley, lemon wedges, flaky sea salt

Equipment

- Large rimmed sheet pan (18×13-inch / half-sheet pan)
- Large mixing bowl or zip-top bag (for marinating)

- Whisk or fork
- Tongs
- Instant-read thermometer
- Aluminum foil (optional)

Instructions

Phase 1: Making the Marinade (Intensity: Low | Time: 5 minutes)

1. Whisk the Marinade: In a small bowl, whisk together the olive oil, minced garlic, lemon juice, Dijon mustard, oregano, thyme, crushed rosemary, salt, pepper, and lemon zest (if using) until emulsified. Intensity: Low — simple, unhurried work. Taste a drop and adjust the salt if needed.

2. Marinate the Chicken (Optional but Recommended): Pat the chicken thighs completely dry with paper towels — dry skin is the key to crispy skin. Place them in a large bowl or zip-top bag and pour the marinade over them, massaging it into the skin and underneath. Let them sit at room temperature for 20 minutes, or refrigerate for up to 4 hours. If refrigerating, bring them back to room temperature for 15 minutes before roasting. Intensity: Low — mostly hands-off waiting time.

Phase 2: Oven Preheating and Potato Prep (Intensity: Low | Time: 10 minutes)

3. Preheat the Oven: Set your oven to 425°F (220°C) and position a rack in the center. A hot oven is essential for rendering the chicken skin and crisping the potatoes.

4. Prepare the Potatoes: In a large bowl, toss the halved baby potatoes with the olive oil, salt, and pepper until evenly coated. Intensity: Low — straightforward tossing.

5. Start the Potatoes: Spread the potatoes in a single layer on the sheet pan, cut-side down for maximum browning. Roast them alone for 10 minutes — this head start ensures they're fully cooked by the time the chicken is done. Intensity: Low — the oven does the work.

Phase 3: Adding the Chicken (Intensity: Medium | Time: 25–30 minutes)

6. Arrange the Chicken: Remove the pan from the oven. Using tongs, place the marinated chicken thighs skin-side up among the potatoes, spacing them evenly. Pour any remaining marinade over the chicken and potatoes.

7. Roast the Chicken and Potatoes: Return the pan to the oven and roast for 25–30 minutes, until the chicken skin is golden and crispy and the internal temperature of the thickest part of the thigh reaches 175°F (79°C). Intensity: Medium — check the pan at the 20-minute mark. If the skin is browning too quickly, tent the chicken loosely with foil. Every oven runs differently, so trust the thermometer over the clock.

8. Check the Potatoes: The potatoes should be fork-tender and browned at this point. If they need more time, remove the chicken to a plate and return the potatoes to the oven for 5 minutes.

Phase 4: Adding the Green Beans (Intensity: Low | Time: 8–10 minutes)

9. Prep the Green Beans: While the chicken roasts, toss the trimmed green beans with the remaining olive oil, salt, and pepper in the same bowl used for the potatoes.

10. Add the Beans: Remove the pan from the oven and nestle the green beans around the chicken and potatoes in a single layer. Return the pan to the oven and roast for 8–10 minutes, until the beans are bright green and crisp-tender. Intensity: Low — the final stretch is quick and forgiving; check them at 8 minutes so they don’t overcook.

Phase 5: Resting and Serving (Intensity: Low | Time: 5 minutes)

11. Rest the Chicken: Remove the pan from the oven and let everything rest for 5 minutes. This allows the juices to redistribute so the chicken stays moist when cut. Intensity: Low — patience here pays off.

12. Garnish and Serve: Scatter with fresh parsley and serve with lemon wedges for squeezing over the top. Add a pinch of flaky sea salt if desired. Plate directly from the pan and enjoy.

Timing & Intensity Summary

Phase	Task	Intensity	Time
1	Make marinade and marinate chicken	Low	5 min + 20 min wait
2	Preheat oven, prep and start potatoes	Low	10 min
3	Roast chicken and potatoes	Medium	25–30 min
4	Add green beans	Low	8–10 min
5	Rest and serve	Low	5 min
—	Total	—	~55–60 min

Recipe Notes & Variations

- No Marinade Time? Skip the 20-minute rest and pour the marinade directly over the chicken before roasting — the flavor will be slightly less intense but still delicious, and total time drops to about 35–40 minutes.

- Chicken Swaps: Boneless, skinless thighs work well; reduce the roasting time to 20–25 minutes and check for an internal temperature of 165°F (74°C). Chicken breasts are leaner and can dry out — brine them first if using.

- Vegetable Swaps: Brussels sprouts, carrots, or parsnips can replace the potatoes, but add 5–10 minutes to the initial roast time. Asparagus can replace the green beans with the same timing.

- Crispier Skin: For extra-crispy chicken skin, broil the pan for the final 2–3 minutes — watch it constantly, as broilers go from golden to burnt in seconds.

- Make-Ahead: The marinade can be made up to 3 days in advance and stored in the refrigerator. The assembled pan can be prepped through Phase 3 and refrigerated overnight; add 5–10 minutes to the roasting time since it starts cold.

- Lining the Pan: Parchment paper makes cleanup easier but can prevent the potatoes from browning as well. For the crispiest results, use a bare, well-oiled pan.

Nutrition Information (Estimated per serving, based on 4 servings)

Please note these values are estimates and will vary based on specific ingredients, brands, and portion sizes.

- Calories: 520 kcal

- Total Fat: 31g

- Saturated Fat: 7g

- Cholesterol: 145mg

- Sodium: 890mg

- Total Carbohydrates: 31g

- Dietary Fiber: 5g
- Total Sugars: 5g
- Protein: 30g