

Curry-Spiced Chicken, Sweet Potato, and Pepper Sheet Pan

Ingredients for Life

Elevate your meal prep with this easy, flavorful recipe. This recipe serves two portions of chicken and vegetables—scale up as much as you need. To add more flavor try this recipe with raita, an Indian condiment made from yogurt. Serve with flatbread, tortillas, or brown rice.

Serves 2

Prep time: 15 minutes + marinating time

Cook time: 30–40 minutes

Serving size: 1/2 chicken breast + 1 cup vegetables

Total time: 45–55 minutes + marinating time

Ingredients

Marinade

- 1½ Tablespoon olive oil
- 1 Tablespoon water
- 1 Tablespoon lime juice, or the juice of 1/2 lime
- 1 garlic clove, minced or 1/4 teaspoon garlic powder
- 1 teaspoon fresh ginger, minced
- 2 teaspoons curry powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon garam masala, optional
- Sprinkle of cinnamon
- 1/2 teaspoon salt

Other ingredients

- 1 medium sweet potato, cut into 1/4-inch cubes
- 1 bell pepper, cut into 1/2-inch pieces
- 1 boneless chicken breast, about 6–8 ounces

Serve with

- 1 Tablespoon lime juice, or the juice of 1/2 lime
- Optional: flatbread, tortillas, or brown rice



Directions

1. Mix together the marinade and set it aside.
2. Place chopped vegetables and chicken breast into an airtight container or gallon bag. Pour in marinade and thoroughly coat the vegetables and chicken.
3. Marinate for at least 1 hour or up to overnight in the refrigerator.
4. Preheat oven to 400°F.
5. Place chicken and vegetables on a baking sheet. Roast for 30–35 minutes.
6. Check the temperature of the chicken breast. Once the chicken breast reaches 165°F, remove it from the pan and set it aside.
7. Return vegetables to the oven to continue cooking for another 5–10 minutes, or until a fork easily pierces the sweet potatoes.
8. Finish with lime juice. Serve with flatbread, tortillas, or brown rice (optional).

Nutrition Facts

Serves 2

Serving size: 1/2 chicken breast and 1 cup vegetables (265g)

Amount per serving

Calories 285

% Daily Value*

Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 397mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Total Sugars 6g	
Protein 21g	43%
Vitamin D 0mcg	0%
Calcium 62mg	6%
Iron 2mg	10%
Potassium 715mg	20%
Phosphorus 277mg	28%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.