

Roasted Paprika Chicken Thighs with Carrots & Potatoes

35 minutes | 2 servings



Find cookware

[baking sheet pan](#)
[chef's knife](#)
[cutting board](#)
[measuring spoons](#)
[oven mitts](#)
[spatula](#)
[stainless steel or cast iron skillet](#)
[tongs](#)

Grab ingredients

3 medium	carrots
1 lb	chicken thighs, boneless skinless
½ small pkg	fresh thyme
2 medium	yellow potatoes
	black pepper
	extra virgin olive oil
	paprika
	salt
	virgin coconut oil

Cook & enjoy

- 1 Preheat oven to 450°F.
- 2 Wash potatoes and carrots. Large dice the potatoes. Halve carrots lengthwise, then cut crosswise into thirds. Transfer to a sheet pan.
2 medium yellow potatoes
3 medium carrots
- 3 Drizzle with oil and season with salt and pepper; toss to coat.
1 tbsp extra virgin olive oil
¼ tsp salt
⅛ tsp black pepper
- 4 Place in the oven and roast while you prepare the chicken, 5-10 minutes.
- 5 Heat a skillet over medium-high heat.
- 6 Season chicken with paprika, salt, and pepper.
1 lb chicken thighs, boneless skinless
⅛ tsp paprika
⅛ tsp salt
⅛ tsp black pepper
- 7 Coat bottom of skillet with oil. Add chicken and cook until browned, 1-2 minutes per side.
about 1 tbsp virgin coconut oil
- 8 Remove sheet from oven and place chicken in the middle. Return to oven and roast until chicken is cooked through and vegetables are tender, 10-15 minutes.
- 9 Wash and dry thyme. Slide leaves off the stems; discard the stems.
½ small pkg fresh thyme
- 10 Remove sheet from oven and sprinkle with thyme; toss to coat.
- 11 To serve, place chicken and vegetables on a plate. Enjoy!