

## Sheet-Pan Mojo Chicken with Green Beans & Potatoes

2 servings

### Chicken

- Extra-virgin olive oil – 30 ml (2 T)
- Orange juice – 30 ml (2 T)
- Lime juice – 15 ml (1 T)
- Lemon juice – 15 ml (1 T)
- Yellow onion, diced – 40 g (about 1/8 medium onion)
- Garlic, minced – 6 g (about 2 cloves)
- Dried oregano – ½ tsp
- Low-sodium miso *or* low-sodium soy sauce – 1 tsp (optional, for umami)
- Boneless, skinless chicken thighs – 2 pieces (about 230 g total)
- Black pepper – ¼ tsp

### Vegetables

- メークイン potatoes – 2 medium, scrubbed and cubed (about 300 g)
- Extra-virgin olive oil – 15 ml (1 T), divided
- Garlic powder – ¼ tsp
- Onion powder – ⅛ tsp
- Chili powder – ⅛ tsp
- Smoked paprika – ¼ tsp
- Black pepper – ⅛ tsp
- Green beans – 170 g (about 1½ cups trimmed)
- Nori (seasoned or plain) – 1 sheet, cut into thin strips (for garnish)



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### Marinate chicken

1. Mix **olive oil (30 ml)**, **orange juice**, **lime juice**, **lemon juice**, **onion**, **garlic**, **oregano**, and optional **miso/shoyu** in a bowl.
2. Season **chicken** with **black pepper**. Add to marinade, cover, and **refrigerate for 2 hours**.
3. Preheat oven to **200°C**. Line a rimmed baking sheet with parchment or lightly coat with oil.
4. Remove chicken from marinade and place on one side of the baking sheet. Strain the solids from the marinade and scatter onion and garlic over the chicken. Discard remaining liquid.

### Prepare vegetables

1. Toss **potato cubes** with ½ T **olive oil**, **garlic powder**, **onion powder**, **chili powder**, **smoked paprika**, and a pinch of **black pepper**. Spread on the other half of the baking sheet.
2. Roast chicken and potatoes for **20 minutes**.
3. Meanwhile, toss **green beans** with 1/2 Tbsp **olive oil** and **black pepper**.
4. Stir potatoes, then scatter green beans around the sheet. Roast another **15–20 minutes**, until chicken is 74°C inside and potatoes/beans are tender.
5. Plate and sprinkle the beans with shredded **nori**.

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### Nutrition (per serving, estimated)

- Kcal: ~510 kcal
- Protein = 27 g
- Fat = 25 g
  - Sat. Fat = 4.5 g
- Carbs = 40 g
  - Sugars = 5 g
- Fiber = 6 g
- Sodium = ~280 mg (from miso/shoyu & natural ingredients)
- Omega-3 = ~0.3 g

## Sheet-Pan Mojo Chicken with Green Beans & Potatoes

Serves 3



### Ingredients

#### Chicken

- Extra-virgin olive oil – 45 ml (3 Tbsp)
- Orange juice – 45 ml (3 Tbsp)
- Lime juice – 22 ml (1 1/2 Tbsp)
- Lemon juice – 22 ml (1 1/2 Tbsp)
- Yellow onion, diced – 40 g (about 1/8 medium onion)
- Garlic, minced – 6 g (about 2 cloves)
- Dried oregano – 3/4 tsp
- Low-sodium miso or low-sodium soy sauce – 1 1/2 tsp (optional, for umami)
- Boneless, skinless chicken thighs – 3 pieces (about 345 g total)
- Black pepper – 1/3 tsp

#### Vegetables

- メークイン potatoes – 3 medium, scrubbed and cubed (≈450 g)
- Extra-virgin olive oil – 15 ml (1 Tbsp) + 10 ml (2 tsp), divided
- Garlic powder – 3/8 tsp (a heaping 1/4 tsp)
- Onion powder – 3/16 tsp (between 1/8 and 1/4 tsp)
- Chili powder – 3/16 tsp
- Smoked paprika – 3/8 tsp (about 1/2 tsp)
- Black pepper – 1/6 tsp
- Green beans – 250 g (≈2 1/4 cups trimmed)
- Nori (seasoned or plain) – 1 1/2–2 sheets, cut into thin strips (for garnish)

### Directions

#### Marinate chicken

1. Mix olive oil (45 ml), orange juice, lime juice, lemon juice, onion, garlic, oregano, and optional miso/shoyu in a bowl.
2. Season chicken with black pepper. Add to marinade, cover, and refrigerate for 2 hours.
3. Preheat oven to 200°C. Line a rimmed baking sheet with parchment or lightly coat with oil.
4. Remove chicken from marinade and place on one side of the baking sheet. Strain the solids from the marinade and scatter onion and garlic over the chicken. Discard remaining liquid.

#### Prepare vegetables

1. Toss potato cubes with 2 tsp olive oil, garlic powder, onion powder, chili powder, smoked paprika, and a pinch of black pepper. Spread on the other half of the baking sheet.
2. Roast chicken and potatoes for 20 minutes.
3. Meanwhile, toss green beans with 1/2 Tbsp (7 ml) olive oil and a pinch of black pepper.
4. Stir potatoes, then scatter green beans around the sheet. Roast another 15–20 minutes, until chicken is 74°C inside and potatoes/beans are tender.
5. Plate and sprinkle the beans with shredded nori.

### Nutrition (per serving, estimated)

- Kcal: ~505 kcal
- Protein = 26 g
- Fat = 24 g
  - Sat. Fat = 4.5 g
- Carbs = 42 g
  - Sugars = 5 g
- Fiber = 6 g
- Sodium = ~270 mg (from miso/shoyu & natural ingredients)
- Omega-3 = ~0.3 g