

Sheet-Pan Chicken with Sweet Potatoes & Black Beans

鶏もも肉とさつまいも・黒豆のオーブン焼き

Serves 2–3

Ingredients

Main

- 400 g boneless chicken thighs (cut into large pieces)
鶏もも肉
- 350 g Japanese sweet potatoes (2–2.5 cm chunks)
さつまいも
- 120 g black beans (drained)
黒豆
- 120 g red onion, sliced
赤玉ねぎ

Seasoning Mix

- 1½ T / 20 g canola oil
- 1½ tsp chili powder
- 1 tsp ground cumin
- ½ tsp paprika (optional)
- ¾ tsp salt + 1/8 tsp MSG (~5 g total)
- ¼ tsp black pepper

Finish / Optional

- 1–2 tsp lime juice
- Greek yogurt or sour cream
- Fresh cilantro
- Toasted pumpkin seeds

Instructions

- 1. Prep sweet potatoes:**
 - Cut evenly and **microwave 2–3 minutes** (600–700W).
- 2. Prep chicken:**
 - Pat dry, cut, toss with **half seasoning**.
- 3. Prep vegetables:**
 - Combine **potatoes, beans, onion** with **remaining seasoning**.
- 4. Arrange:**
 - Spread vegetables, place chicken on top.
- 5. Roast:**
 - **200°C** for **15 min**, then **190°C** for **12–15 min**.
- 6. Optional:**
 - Finish at **220°C** for **3–5 min**.
- 7. Finish with lime juice and toppings.**



Nutrition (per serving)

Kcal: 520 | Protein: 34 g | Fat: 22 g | Sat Fat: 5 g | Carbs: 45 g | Sugars: 10 g |
Fiber: 7 g | Sodium: 820 mg | Omega-3: 0.2 g

Notes / Variations

- **Extra crisp potatoes:** add 1 tsp oil before roasting.
- **Spicy:** add cayenne or chili flakes.
- **Japanese version:** soy sauce + mirin + shichimi.
- **Air fryer:** **180°C** potatoes **10 min**, add **chicken 10–12 min**, finish **200°C**.
- **Seasonal swaps:** kabocha, eggplant, Brussels sprouts.