Sheet-Pan Chicken Fajita Bowls

Smoky chicken, sweet roasted peppers and onions served over rice with lime.

Prep 15 min **Cook** 25 min **Serves** 4

Ingredients

- ☐ 1¼ lb (570 g) boneless chicken breast, sliced
- ☐ 2 bell peppers, sliced
- ☐ 1 red onion, sliced
- ☐ 2 tbsp olive oil
- ☐ 2 tsp chili powder
- ☐ 1 tsp cumin
- ☐ ½ tsp smoked paprika
- ☐ ½ tsp salt
- ☐ 2 cups cooked rice
- ☐ 1 lime, cut into wedges



Spoon & Joy recipe illustration.

Before you start

Use a roomy tray
A crowded layer produces watery peppers. Split the mixture between two pans if you cannot see any space between the pieces.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Preheat oven to 425°F (220°C) and line a large sheet pan.

2. Toss chicken, peppers and onion with olive oil and seasonings.

3. Spread in one layer and roast for 18-25 minutes, stirring vegetables once.

4. Check that the chicken reaches 165°F (74°C) internally with a thermometer.

5. Spoon over rice and serve with lime wedges and optional avocado.

Storage & making ahead

Promptly refrigerate cooked chicken and rice in shallow containers for 3-4 days. Reheat thoroughly to 165°F.

A useful variation Use brown rice or lettuce instead. Uniform strips help everything cook evenly.

Read this recipe on Spoon & Joy