

- Prep Time: 15 minutes
- Cooking/Roasting Time: 45 minutes
- Total Time: 1 hour
- Yield: 4 servings
- Skill / Intensity Level: Easy (Low Effort, High Precision on Temperature)

Table of Contents

- Recipe Intensity & Effort Breakdown
- Key Ingredients
- Step-by-Step Instructions
 - Step 1: Preheat and Prep the Oven
 - Step 2: Prepare and Dry the Potatoes
 - Step 3: Chop the Onions
 - Step 4: Season and Coat
 - Step 5: Arrange on the Hot Baking Sheet
 - Step 6: Roast to Golden Perfection
 - Step 7: Rest and Serve
- Chef's Tips for Perfection
- Nutritional Profile

Recipe Intensity & Effort Breakdown

To help you manage your kitchen workflow, here is the intensity and precision breakdown for each stage of preparing Roasted Potatoes and Onions:

1. Potato Preparation & Uniform Cutting (Intensity: Low / Precision: High)

- Cutting the potatoes into uniform, bite-sized cubes is the most critical step. Consistent sizing ensures that every piece cooks at the exact same rate, preventing

some pieces from burning while others remain raw.

2. Moisture Control & Oil Distribution (Intensity: Low / Precision: Medium)

- Thoroughly drying the cubed potatoes after washing and ensuring every piece is evenly coated in oil and seasonings is essential for achieving that sought-after crispy exterior crust.

3. Pan Crowding Management (Intensity: Medium / Precision: High)

- Spreading the potatoes and onions across a large baking sheet with plenty of breathing room prevents steaming. If the pan is overcrowded, the vegetables will boil in their own moisture rather than roast and crisp.

4. Roasting & Tossing (Intensity: Low / Precision: Medium)

- Monitoring the oven temperature and tossing halfway through the cooking time guarantees even browning on all sides and prevents the onions from over-charring.

Key Ingredients

- 2 lbs Yukon Gold or Russet Potatoes (peeled or unpeeled, cut into uniform 1-inch cubes)
- 2 medium Yellow or Red Onions (cut into thick wedges or coarse chunks)
- 3 tablespoons Extra-Virgin Olive Oil (or avocado oil for higher smoke points)
- 4 cloves Garlic (minced, or 1 teaspoon garlic powder)
- 1 teaspoon Dried Rosemary (crushed)
- 1 teaspoon Dried Thyme
- 1 teaspoon Smoked Paprika (for a subtle earthy warmth and golden color)

- 1 ½ teaspoons Kosher Salt (adjust to taste)
- ½ teaspoon Freshly Ground Black Pepper
- *Optional Garnish:* Chopped fresh parsley and flaky sea salt for finishing

Step-by-Step Instructions

Step 1: Preheat and Prep the Oven

Preheat your oven to 400°F (200°C). For the crispiest results, place a heavy-duty baking sheet or roasting pan directly into the oven while it preheats. Preheating the pan gives the potatoes an immediate sear the moment they touch the surface.

Step 2: Prepare and Dry the Potatoes

Wash the potatoes thoroughly under cold water. Cut them into uniform 1-inch cubes. If you have extra time, soak the cubed potatoes in cold water for 20 minutes to release excess starch, then drain and pat them completely dry with clean paper towels. *Dry potatoes are essential for achieving a crunchy crust.*

Step 3: Chop the Onions

Slice the onions into thick wedges, keeping the root end partially intact so the layers hold together during the initial roasting phase. If you prefer smaller caramelized pieces, you can cut them into thick 1-inch chunks.

Step 4: Season and Coat

Transfer the dried potatoes and onion chunks to a large mixing bowl. Drizzle the extra-virgin olive oil over the top. Add the minced garlic, dried rosemary, dried thyme, smoked paprika, kosher salt, and freshly ground black pepper. Toss everything vigorously until every piece of potato and onion is evenly coated in the oil and spice blend.

Step 5: Arrange on the Hot Baking Sheet

Carefully remove the preheated baking sheet from the oven. Pour the seasoned potato and onion mixture directly onto the pan, spreading them out into a single, even layer. Ensure there is space between the pieces; if the pan is too crowded, work in batches or use a second baking sheet.

Step 6: Roast to Golden Perfection

Place the baking sheet back into the oven and roast for 20 minutes. Carefully remove the pan, use a spatula to flip and toss the potatoes and onions, and return them to the oven for an additional 20 to 25 minutes. They are done when the potatoes are fork-tender on the inside, golden-brown and ultra-crispy on the outside, and the onions are sweet and caramelized at the edges.

Step 7: Rest and Serve

Remove from the oven, sprinkle immediately with flaky sea salt and freshly chopped parsley if desired. Let them rest for 3 to 5 minutes on the pan before serving hot.

Chef's Tips for Perfection

- **Do Not Overcrowd the Pan:** This is the #1 rule of roasting. Crowding traps steam, resulting in soggy, pale potatoes instead of crispy, golden ones. Use two baking sheets if necessary.
- **Choose the Right Potato:** Yukon Golds offer a buttery interior and a wonderful thin skin that crisps up beautifully. Russets provide an exceptionally fluffy interior with a very crisp crust. Red potatoes work too, though they tend to be slightly waxy.
- **High Heat is Key:** Roasting at 400°F (200°C) or even 425°F ensures the exterior starches dehydrate and brown quickly before the inside overcooks.

Nutritional Profile

The following nutrition estimate is calculated per serving (approx. ¾ cup, based on 4

servings):

- Calories: 245 kcal
- Total Fat: 10.5 g
 - Saturated Fat: 1.5 g
 - Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 480 mg
- Total Carbohydrates: 35 g
 - Dietary Fiber: 4 g
 - Sugars: 5 g
- Protein: 4 g
- Potassium: 750 mg
- Vitamin C: 30% Daily Value
- Vitamin A: 8% Daily Value
- Calcium: 40 mg
- Iron: 2.2 mg