

Sheet Pan Chicken Recipe

STUDIO MCGEE

Ingredients

4-6 BONE-IN SKIN-ON CHICKEN THIGHS, ABOUT 2 POUNDS

2 ½ TEASPOONS KOSHER SALT, DIVIDED

1 POUND BRUSSELS SPROUTS

1 MEDIUM RED ONION

5 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

2 TEASPOONS DIJON MUSTARD

½ TEASPOON PAPRIKA

1 LEMON

¼ CUP LOOSELY PACKED

OREGANO LEAVES, PLUS MORE FOR SERVING

PARMIGIANO REGGIANO, FOR SERVING (OPTIONAL)

Method

01

Place a large sheet pan in the top third of the oven and preheat it to 450° Fahrenheit. Pat each chicken thigh dry using paper towels, then liberally season the chicken thighs on both sides with 1 ½ teaspoons kosher salt. Set aside.

02

Prepare the brussels sprouts by trimming their root and slicing them in half. Slice the red onion into ½-inch pieces. In a large bowl, add the olive oil, dijon, paprika, remaining 1 teaspoon salt, and the zest of one lemon. Roughly chop the oregano leaves and add to the bowl, then quarter the zested lemon. Whisk the olive oil mixture to combine, then remove and set aside 3 tablespoons. Add the brussels sprouts, onions, and lemon wedges to the large bowl with the remaining olive oil and toss them until fully coated.

03

Pat the chicken dry once more, then slather the reserved 3 tablespoons of seasoned olive oil on the chicken thighs. Coat them front and back and, where possible, push the mixture under the skin.

04

Remove the preheated sheet pan from the oven. Dump the brussels sprouts and red onions onto the tray and use tongs to flip each brussels sprout face down. Make four spaces for the chicken thighs and transfer them to the sheet pan. Roast for 30-35 minutes or until the chicken's internal temperature reaches 165°.

05

Once slightly cooled, squeeze the roasted lemon wedges all over the chicken and roasted vegetables. Then, use a vegetable peeler to grate large shards of parmigiano reggiano over the entire sheet pan. Garnish with additional fresh oregano and enjoy.

*If you prefer your vegetables more charred, preheat two sheet pans and split the veggies between them in step four.