



Sheet-pan Lemon Garlic Chicken with Vegetables



DIFFICULTY: EASY



PREPARATION TIME: 25
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 2

Ingredients

4 chicken thighs (boneless)
1 lemon
4 cloves garlic
1 tsp thyme
1 tsp Dijon mustard
400 g new potatoes
250 g broccolini
1 red onion
200 g radishes
20 g parsley
10 g chives
150 g yogurt
6 tbsp olive oil
salt
pepper
sugar

Method

Preheat the oven to 220 °C Full-surface grilling. Zest lemon and halve. Mince garlic. Finely chop thyme. In a small bowl, whisk together 2/3 of the olive oil, juice and zest of half a lemon, garlic, thyme and Dijon mustard, season with salt and pepper. In a large bowl, pour 2/3 of the marinade over chicken thighs, then toss the chicken in the marinade, making sure it is well coated. Marinate the chicken for approx. 10–15 minutes.

While chicken is marinating, remove the woody ends of the broccolini. Peel and cut onion into 1 cm thick wedges. Place potatoes and onions on a baking sheet lined with parchment paper and mix with remaining marinade.

Place the chicken around the vegetables on shelf level 3 and roast everything together in the oven for approx. 25 minutes. Then add radishes and broccolini to the baking sheet and bake for another approx. 10–12 minutes.

Meanwhile, finely chop the parsley leaves. Cut the chives into fine rings. Mix parsley and chives in a bowl together with yogurt, remaining olive oil, remaining lemon juice and zest. Season to taste with salt, pepper, and sugar.

After the roasting time is over, remove the chicken and the vegetables from the oven and arrange them on plates. Serve together with the yogurt dip. Enjoy!

Notes
