

# Sheet-Pan Chicken with Apple, Fennel and Onion

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*The New York Times*/NYT Cooking

Yield: 4 to 6 Servings

Time: 40 Minutes

## Ingredients

2 teaspoons fennel seeds

2½ to 3 pounds bone-in, skin-on chicken thighs, patted dry

3 tablespoons olive oil

Kosher salt and black pepper

1 medium yellow onion, thinly sliced (about 1½ cups)

1 medium fennel bulb, tough outer leaves removed, cored and thinly sliced (about 1 cup)

1 tart apple, such as Mutsu (Crispin) or Granny Smith, halved, cored and cut into 8 wedges

4 sprigs rosemary

Flaky salt, for serving

## Preparation

1. Heat oven to 425 degrees. In a small skillet, toast the fennel seeds over medium-low heat, stirring frequently until fragrant, about 2 to 3 minutes. Pound into a coarse powder with a mortar and pestle or, alternatively, roughly chop. In a large bowl, toss together the chicken with 1 tablespoon olive oil and the fennel seeds and season well with salt and pepper.
2. Place the onion, fennel and apple slices on the sheet pan. Toss with the remaining olive oil and season well with salt. Spread in an even layer. Add the chicken skin side up on top of the vegetables and lay the rosemary (distributing evenly) on top of the chicken. Roast for 25 to 30 minutes until the chicken is cooked through and the onions, fennel and apples are softened and have begun to caramelize at the edge of the pan.
3. Turn the oven to broil and move the oven rack to sit right below it. Remove and discard the rosemary sprigs and broil the chicken for 1 to 2 minutes until the skin of the chicken is crispy and golden. Season with flaky salt.

## Cooking Notes from Recipe Page

- Add ¼" sliced baking potatoes on bottom layer of sheet pan
- Add apples 10 minutes before end of cooking time
- used one large bowl, tossing the veggies in oil first, putting them on the sheet, then used to bowl to toss the chicken and seasonings.
- Place rosemary sprigs under the chicken
- Used convection setting which browned the chicken beautifully
- Used twice as much apple and vegetables than the recipe calls for
- I used bone-in chicken breasts on convection setting and chicken was done in approximately 30-35 minutes. I used instant read thermometer at 30-minute mark.