

Sheet-Pan Scallion Chicken with Bok Choy

By Kay Chun

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YIELD: 4 servings

TIME: 45 minutes

"This weeknight sheet-pan chicken dinner makes exciting use of refrigerator staples. A fun mash-up of mustard, miso, scallions, garlic and ginger creates a zesty coating for skinless chicken thighs. The flavors soak into the chicken as it roasts, and the thighs are left on the bone to keep the meat juicy. The chicken cooks atop a bed of fresh bok choy, which picks up the rich aromatics of the pan juices, but broccoli florets also work well here. Turn leftovers into chicken salad sandwiches for lunch the next day: Simply pick the meat off the bones, chop the bok choy and mix it with some olive oil, lemon juice and chopped celery or fresh herbs."

INGREDIENTS

4 scallions, trimmed and finely chopped (about 1/2 cup), plus more for garnish
3 tablespoons Dijon mustard
3 tablespoons minced fresh ginger (from one 3-inch piece)
2 tablespoons minced garlic
1 tablespoon white miso paste
2 teaspoons turbinado or brown sugar
Kosher salt and freshly ground black pepper
1/2 cup safflower or canola oil
1 1/2 pounds baby bok choy, halved lengthwise, or large broccoli florets
8 bone-in, skin-on chicken thighs (about 3 pounds), skins removed
Steamed rice or mashed potatoes, for serving
Lemon wedges, for serving

1. Heat oven to 450 degrees. In a small bowl, combine scallions, mustard, ginger, garlic, miso, sugar, 1 teaspoon salt, 1/2 teaspoon pepper and 6 tablespoons of the oil. Mix well.
2. On a rimmed baking sheet, toss bok choy with the remaining 2 tablespoons oil and season with salt and pepper, then spread in an even layer. Season chicken with salt and pepper, arrange on top of bok choy and rub chicken all over with the scallion-mustard marinade.
3. Roast until chicken is cooked through and vegetables are tender, about 30 minutes.
4. Serve chicken and vegetables over rice or mashed potatoes. Spoon pan juices over the chicken and garnish with scallions. Serve with lemon wedges.