

Sweet-and-Spicy Sheet Pan Chicken with Cauliflower and Carrots Recipe

By Karen Rankin

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Ingredients

1 1/2 tablespoons honey
1 1/2 teaspoons smoked paprika
3/4 teaspoon cayenne pepper
1/2 teaspoon black pepper
4 tablespoons olive oil, divided
2 teaspoons kosher salt, divided
4 (10-oz.) bone-in, skin-on chicken breasts
1 medium (2-lb.) head cauliflower, cut into 1-inch florets
6 medium carrots, peeled and cut into 2-inch pieces
1 medium-size red onion, cut into 1/2-inch wedges
2 cups red seedless grapes
2 lemons, quartered
1 tablespoon fresh lemon juice (from 1 lemon)
1 tablespoon cornstarch
1 3/4 cups chicken stock, divided
3 tablespoons unsalted butter
1/4 cup chopped fresh flat-leaf parsley, divided
1 cup uncooked couscous
1/4 cup toasted almond slices

Directions

1. Preheat oven to 475°F. Whisk together first 4 ingredients, 3 tablespoons of the oil, and 1 3/4 teaspoons of the salt in a large bowl. Add chicken, cauliflower, carrots, red onion, grapes, and lemon wedges; toss to coat. Spread mixture on a large rimmed baking sheet in a single layer. Place chicken pieces on top, skin side up. Roast in preheated oven until vegetables are tender and a thermometer inserted in center of chicken registers 165°F, 35 to 40 minutes.
2. Transfer vegetables and chicken to a platter; tent with aluminum foil. Scrape any juices and browned bits from baking sheet into a small saucepan over high. Whisk in lemon juice, cornstarch, and 1/4 cup of the stock. Bring to a boil, whisking constantly, until thickened, 2 minutes. Remove from heat; add butter and 2 tablespoons of the parsley. Whisk until butter melts.
3. Bring remaining 1 1/2 cups stock, 1 tablespoon oil, and 1/4 teaspoon salt to a boil in a medium saucepan over medium-high. Add couscous; stir and cover. Remove from heat; let stand 5 minutes. Fluff couscous with a fork. Divide couscous, chicken, and vegetables among 4 serving plates. Top with sauce, almonds, and remaining 2 tablespoons parsley.