

Sheet-Pan Chicken and Brussels Sprouts with Rosemary, Honey, and Mustard

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Ingredients:

1/3 cup + 2 tablespoons extra virgin olive oil, divided
3 tablespoons honey
2 tablespoons hard cider, white wine, or apple cider
2 tablespoons Dijon mustard
1/2 teaspoon smoked paprika
Pinch of cayenne
Kosher salt and freshly ground black pepper
2 pounds bone-in, skin-on chicken pieces, preferably a mix of thighs and drumsticks
1 pound Brussels sprouts, trimmed and cut in half
Half a medium red onion, cut into 1/4-inch thick slices
2 fresh rosemary sprigs
Flaky salt and chopped parsley, for serving

Instructions:

1. In a large bowl combine 1/3 cup of the olive oil, the honey, cider, mustard, paprika, cayenne, 1 teaspoon salt and a few grinds of black pepper, and whisk until smooth. Add the chicken pieces and toss well. Cover and refrigerate for at least 2 hours, and up to 24.
2. Preheat the oven to 425 degrees, letting the chicken sit at room temperature while the oven heats. Place the Brussels sprouts, onions, and rosemary sprigs on a sheet pan lined with parchment paper. Drizzle with the remaining 2 tablespoons olive oil, sprinkle with 1/2 teaspoon salt and a few grinds of black pepper, and toss.
3. Make a few spaces on the sheet pan for the chicken pieces. Place them on the pan and brush the skin with more marinade.
4. Roast for 20 minutes, then gently toss the vegetables. Return to the oven for 15 to 20 more minutes, until the chicken is browned and cooked through.
5. Transfer the chicken pieces to a plate to rest and sprinkle with flaky salt. Return the pan to the oven for 5 to 10 minutes, until the Brussels sprouts are crispy and any liquid on the pan has evaporated.
6. Arrange the chicken and vegetables on a platter. Garnish with parsley, sprinkle with more flaky salt, and serve.