

Sheet Pan Roasted Chicken Thighs with Brussels Sprouts

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

This is an easy sheet pan dinner of roasted chicken thighs with Brussels sprouts that's full of flavor and can be easily customized to your tastes. The secret is roasting at a high temperature allowing the water to steam out, leaving all that concentrated yummy flavor.

Ingredients

- - 4 (5 ounce) skin-on
- bone-in chicken thighs - 1 pound Brussels sprouts
- halved - ½ cup dry white wine - 1 (3.5 ounce) link Italian sausage
- sliced - 3 large shallots
- sliced - 1 medium lemon
- thinly sliced - 4 cloves garlic
- sliced - 2 tablespoons olive oil
- or as needed - 1 teaspoon chopped fresh rosemary
- or to taste - 1 teaspoon fennel seeds
- or to taste - 1 teaspoon chopped fresh thyme
- or to taste - 1 teaspoon chopped fresh sage
- or to taste - sea salt and freshly ground black pepper to taste - nonstick cooking spray

Instructions

1. Clean and trim fat from chicken. Pat dry with paper towels. Place in a large bowl with Brussels sprouts
2. wine
3. sausage
4. shallots
5. lemon slices
6. garlic
7. oil
8. rosemary
9. fennel seeds
10. thyme
11. sage
12. sea salt
13. and pepper. Toss together with your hands and allow to marinate at room temperature
14. tossing occasionally
15. for at least 30 minutes. Preheat the oven to 475 degrees F (245 degrees C). Spray a baking pan with nonstick spray. Pour chicken-vegetable mixture onto the prepared baking pan. Arrange thighs
16. skin-side up
17. over mixture. Roast in the preheated oven until thighs are browned
18. crispy
19. and no longer pink in the centers
20. 25 to 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Let rest for 5 to 10 minutes before serving.