

DINNERLY



REBOOT Parmesan Chicken Pan Roast with Carrots & Potatoes



20-30min



2 Servings

Sheet pan roasts are everything. Combine all of the ingredients on two baking sheets—in this case, juicy chicken thighs, potatoes, carrots, and Parmesan—and literally set it and forget it because it's time for the oven to take over. Use the next 20-25 minutes however you please. And when that timer goes off, you can bask in the tasty reward of your not-so-hard work. With minimal clean-up in your future. We've got you covered!

WHAT WE SEND

- ¾ oz Parmesan ⁷
- 1 lb russet potato
- 2 carrots
- 12 oz boneless, skinless chicken thighs

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- white wine vinegar ¹⁷
- sugar

TOOLS

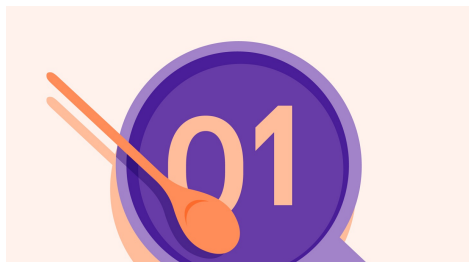
- rimmed baking sheet

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

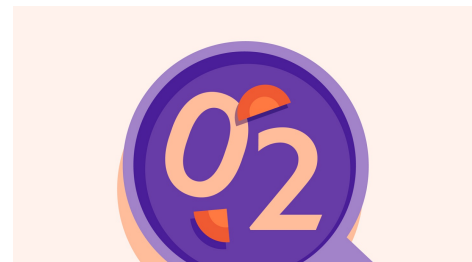
NUTRITION PER SERVING

Calories 650kcal, Fat 35g, Carbs 48g, Protein 34g



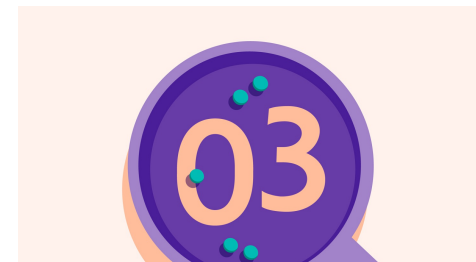
1. Grate Parm & prep veggies

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet in oven to preheat. Finely grate **Parmesan**. Scrub **potato** and cut into ¼-inch thick rounds. Scrub **carrots** and slice ¼-inch thick on an angle. Peel and finely chop ½ **teaspoon garlic**.



2. Make Parm topping

In a large bowl, combine **3 tablespoons of the Parmesan**, **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds of pepper**.



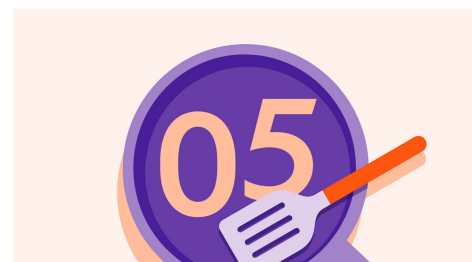
3. Roast chicken & veggies

Pat chicken dry. Add **chicken, potatoes, and carrots** to bowl with **Parmesan topping**, and toss to coat. Transfer to preheated baking sheet. Roast in the upper third of oven until just cooked through but not browned, 15–20 minutes.



4. Broil chicken & veggies

Switch oven to broil. Broil on the upper oven rack until **chicken and vegetables** are browned, 4–5 minutes (watch closely as broilers vary).



5. Make dressing & serve

In a medium bowl, whisk to combine **garlic**, **2 tablespoons vinegar**, **2 tablespoons oil**, **¼ teaspoon each salt and sugar**, and **a few grinds of pepper**. Drizzle **dressing** over **chicken and vegetables** on baking sheet, and toss to coat. Season to taste with **salt and pepper**. Serve **chicken, potatoes, and carrots** and sprinkle with **remaining Parmesan**. Enjoy!



6. Take it to the next level

Reason #347 that sheet pan roasts are great is because they inevitably make their own delicious pan sauce while in the oven. Make a batch of garlic bread or a bunch of toasted pita to sop up the juices that swirl on the bottom of the sheet pan.