



ONE POT

One-Pan Breaded Chicken Thighs

with Lemon-Scallion Dressing



30-40min



2 Servings

Winner winner one-pan chicken dinner! Juicy chicken thighs are slathered with tangy Dijon mustard and a coating of crispy panko breadcrumbs, and then roasted. The accompanying carrots and green beans get a flavor boost from the chicken by cooking on the same sheet pan. A quick lemon dressing is added to the veggies while still warm, for maximum absorption. Cook, relax, and enjoy!

What we send

- carrots
- scallions
- green beans
- lemon
- Dijon mustard ¹⁷
- bone-in, skin-on chicken thighs
- panko breadcrumbs ^{1,6}

What you need

- kosher salt & ground pepper
- olive oil

Tools

- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 44g, Carbs 33g, Proteins 51g



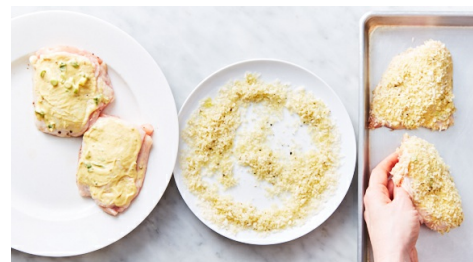
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet in oven to preheat. Trim ends from **scallions**, then finely chop. Scrub **carrots**, then trim ends, and cut lengthwise into ½-inch thick wedges. Remove **chicken** skin, if desired. Pat chicken dry and season all over with **salt** and **pepper**.



4. Make dressing

Meanwhile, trim stem ends from **green beans** and add to reserved bowl along with ½ **teaspoon oil**, and a **pinch each salt and pepper**. Squeeze **2 tablespoons lemon juice** into a small bowl. Add **remaining scallions** and **1 tablespoon oil** to lemon juice, and whisk to combine; season to taste with **salt** and **pepper**.



2. Bread chicken

Combine **mustard** and **1 tablespoon of the scallions** in a small bowl. Place **panko** in a shallow bowl or plate and toss with **2 teaspoons oil**, ¼ **teaspoon salt**, and **a few grinds pepper**, making sure panko is evenly coated with **oil**. Spread scallion mustard all over top side of **chicken**. Firmly press chicken, mustard side-down, into **seasoned panko**.



5. Roast green beans

Add **green beans** to baking sheet and return to oven. Continue roasting on the center oven rack until green beans are crisp-tender, and **chicken** is cooked through, 5-10 minutes.



3. Roast chicken & carrots

In a medium bowl, toss **carrots** with **1 teaspoon oil**, ¼ **teaspoon salt**, and **a few grinds pepper**. Add **carrots** to preheated baking sheet and shake to spread in an even layer (reserve bowl for step 4). Place **chicken** on top of carrots. Roast on the center oven rack, until carrots are almost tender, and chicken is beginning to brown, about 20 minutes.



6. Finish & serve

Transfer **chicken** to plates. Pour **lemon-scallion dressing** over the **roasted vegetables** and toss to coat; season to taste with **salt** and **pepper**. Serve **chicken** with **dressed roasted vegetables alongside**. Enjoy!