



LOW CALORIE

NO ADDED GLUTEN

Sheet-Pan Chicken Thighs

with Roasted Shallots & Grapes



40min



2 Servings

The end of summer may be sad for some, but it also means that peak grape season is upon us! Roasting grapes is a great way to bring out their natural sweetness, making them juicy and jammy. The sweetness of the grapes is balanced out perfectly by roasting them with seasoned chicken thighs, carrots, shallots, garlic, and fresh thyme.

What we send

- 2 carrots
- garlic (use 2 large cloves)
- ¼ oz fresh thyme
- 1 ½ lb pkg bone-in, skin-on chicken thighs
- 1 shallot
- ½ lb red grapes

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 24g, Carbs 39g, Proteins 42g



1. Prep ingredients

Preheat oven to 450°F with a rack the upper third. Place a rimmed baking sheet on upper oven rack to preheat. Scrub **carrots**, then halve lengthwise and cut crosswise into 3-inch pieces. Peel and halve **2 large garlic cloves**. Strip **1 ½ teaspoons thyme leaves** from stems; discard stems (save rest for own use).



4. Season grapes & shallots

While **carrots and chicken** roast, peel, slice, and separate **shallot** into ¼-inch thick rings. In reserved medium bowl, toss **grapes, shallots, garlic, and remaining thyme leaves** with **2 teaspoons oil**. Season with **salt and pepper**.



2. Prep chicken & carrots

Pat **chicken** dry, then season all over with **salt and pepper**. In a medium bowl, toss **carrots** with **2 teaspoons oil** and **half of the thyme leaves**. Season with **salt and pepper**.



5. Roast grapes & shallots

Flip **chicken**, then add **grapes, shallots, and garlic** to the baking sheet, scattered around chicken and **carrots**. Roast until grapes are wilted, carrots are tender, garlic is browned and softened, and chicken is cooked through, about 15 minutes.



3. Roast chicken & carrots

Carefully remove baking sheet from oven and drizzle lightly with **oil**. Place **carrots and chicken**, skin side-down, on baking sheet. Roast on upper oven rack until chicken skin is golden and crisp, 12-15 minutes. Reserve medium bowl.



6. Serve

Serve **chicken pan-roast** with **pan juices** spooned over top. Enjoy!