



Sheet-Pan Honey-Glazed Chicken Thighs

with Roasted Carrots & Brussels Sprouts



30-40min



2 Servings

Chicken thighs are the perfect cut of meat for roasting—it's full of flavor and stays moist. We coat these thighs in a zesty Cajun spice blend, then roast them alongside hearty vegetables like sweet red onions, carrots, and Brussels sprouts. A sticky garlic-honey glaze finishes the dish with a sweet kick.

What we send

- 2 carrots
- 1 medium red onion
- ½ lb Brussels sprouts
- 1½ lb pkg bone-in, skin-on chicken thighs
- Cajun seasoning (use 2 tsp)
- ¼ oz fresh thyme
- garlic (use 1 large clove)
- 1 oz honey

What you need

- olive oil
- kosher salt & ground pepper
- butter⁷
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- small skillet

Allergens

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

Nutrition per serving

Calories 1050kcal, Fat 75g, Carbs 44g, Protein 54g



1. Prep veggies

Preheat oven to 450°F with a rack in the upper third. Scrub and trim **carrots**, then cut into ½-inch thick slices. Halve **onion**, peel, and cut through the root end into ½-inch wedges. Halve or quarter **Brussels sprouts**, depending on size.



2. Season chicken thighs

Pat **chicken thighs** dry and transfer to a medium bowl. Add **2 teaspoons of the Cajun spice blend**, **1 tablespoon oil**, and **a generous pinch of salt**. Use your hands to massage spice mixture into chicken until coated.



3. Roast veggies & chicken

On a rimmed baking sheet, toss **thyme sprigs**, **onions**, **carrots**, and **Brussels sprouts** with **2 tablespoons oil**. Season generously with **salt** and **pepper**. Add **chicken** to baking sheet. Roast on upper oven rack until chicken is crisp and cooked to an internal temperature of 165°F, and veggies are tender and golden-brown, about 30 minutes (watch closely as ovens vary).



4. Make honey glaze

While **chicken** and **veggies** roast, peel and finely chop **1 teaspoon garlic**. In a small skillet, melt **1 tablespoon butter** over medium-high. Stir in garlic, **honey**, and **1 tablespoon vinegar**. Bring to a boil, then reduce heat to low and simmer until slightly thickened, about 1 minute.



5. Glaze chicken

Once **chicken** is cooked through, remove from oven and brush chicken all over with **honey glaze**.



6. Serve

Discard **thyme sprigs**. Serve **honey-glazed chicken thighs** with **roasted carrots and Brussels sprouts** alongside. Enjoy!