



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 baking sheet. A quick lemon dressing is added to the veggies while still warm, for maximum absorption.

What we send

- 1 oz scallions
- 8 oz carrots
- 1½ lb pkg bone-in, skin-on chicken thighs
- 1¼ oz pkt Dijon mustard ¹⁷
- 1 oz panko ^{1,6}
- ½ lb green beans
- 1 lemon

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 930kcal, Fat 63g, Carbs 33g, Proteins 53g



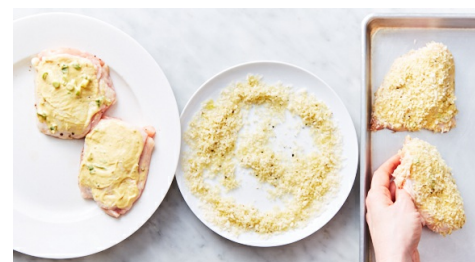
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet in oven to preheat. Trim **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 **green beans** and add to reserved bowl; toss with ½ **teaspoon oil**, and a **pinch** each of **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** and season with **salt** and **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 same baking sheet, scattering around **chicken**, then return to oven. Continue roasting on center oven rack until green beans are crisp-tender, and **chicken** reaches 165°F internally, 5-10 minutes.



3. Roast chicken & carrots

In a medium bowl, toss **carrots** with **1 teaspoon oil** and season with **salt** and **pepper**. Carefully 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, panko side up. Roast on 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!