

Recipe by Julia Heffelfinger



## **Dijon-Crusted Sheet Pan Chicken *with Roasted Vegetables***

**Serves 4**

The sheet pan is my favorite tool when I want to pull off an easy, yet delicious, weeknight dinner with minimal cleanup. In this recipe, the chicken is coated in tangy Dijon mustard and then piled high with crunchy, herby breadcrumbs. A rainbow of vegetables roast alongside the chicken for an all-in-one dinner. I like to use bone-in, dark meat chicken in this recipe because it stays juicy and is quite forgiving if you happen to leave it in the oven a little too long. If you prefer boneless, skinless chicken breasts, they'll be done in roughly 18 to 20 minutes. In this case, transfer your cooked chicken breasts to a plate, then return the vegetables to the oven until they're tender and beginning to brown in spots. Whatever cut you use, be sure to let your chicken rest before serving so it reabsorbs all of its juices.

¼ cup Dijon mustard

¼ cup mayonnaise

2½ pounds bone-in, skin-on chicken thighs and drumsticks (6 to 8 pieces)

Kosher salt and pepper

1½ cup fresh breadcrumbs (see Note)

1 Tablespoon finely chopped parsley, plus leaves for garnish

1 Tablespoon fresh thyme leaves, plus more for garnish

2 garlic cloves, finely grated

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5 Tablespoons olive oil

1 pound small new potatoes or fingerlings

4 medium carrots, cut into 2-inch lengths ( $\frac{1}{2}$ -inch thick)

1 small red onion, cut into  $\frac{1}{2}$ -inch wedges

Lemon wedges, for serving

1. Preheat the oven to 425°F and line a large rimmed baking sheet with aluminum foil.
2. In a medium bowl, whisk the mustard with the mayonnaise. Season the chicken all over with salt and pepper and then add it to the mustard mixture. Toss to coat. Let it sit while you prepare your breadcrumb topping and vegetables.
3. In a small bowl, combine the breadcrumbs, parsley, thyme, garlic, and 3 tablespoons of the olive oil. Season with salt and pepper.
4. On the prepared baking sheet, toss the potatoes, carrots, and red onion with 2 tablespoons of the olive oil. Season with salt and pepper. Arrange the vegetables in an even layer.
5. Nestle the chicken into the vegetables and generously top with the breadcrumb mixture. Gently press on the breadcrumbs to help them adhere.
6. Transfer the sheet pan to the oven and bake for 30 to 40 minutes, or until the chicken is golden brown and a meat thermometer inserted at the thickest part of the thigh registers 160°F to 165°F. Let rest for at least 5 minutes before serving (do NOT cover with foil—the steam will make your breadcrumbs soggy). Garnish with fresh parsley, thyme, and lemon wedges.

**NOTE** To make fresh breadcrumbs, take any stale or day-old bread and pulse it in a food processor until finely chopped. You can also do this by hand with a knife. I like to keep a bag of these in my freezer and pull out the amount I need as I'm cooking—the breadcrumbs defrost quickly. You can use store-bought breadcrumbs here, but you will not get the same crunchy texture.