Oven-Roasted Chicken and Winter Veggies

with Lemon-Thyme Pan Sauce

Parsnips are one of our favorite root vegetables, and the whole family is bound to agree. They're creamy white with a surprisingly sweet taste. Unlike their orange counterparts, parsnips contain more starch for an earthier bite. We pair this winter veggie with crispy Brussels sprouts and sweet potatoes for a colorful accompaniment to the tender roasted chicken.

Prep: 15 min
Total: 30 min

level 1

nut free

gluten free

Brussels Sprouts

Parsnips

Sweet Potatoes

Lemon

Thyme

Chicken Breasts

Chicken Demi Glace

1 **Preheat and prep: Wash and dry all produce.** Preheat oven to 475 degrees. Trim and halve **Brussels sprouts** lengthwise. Peel and halve **parsnips** lengthwise. Slice into ½-inch half-moons. Cut **sweet potatoes** into ½-inch rounds. Halve **lemon,** then cut one half into wedges.
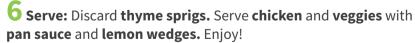
2 **Roast veggies:** Divide **veggies** between two baking sheets. Toss with a large drizzle of **olive oil, salt, pepper,** and a few sprigs of **thyme.** Roast about 12 minutes, toss, then continue roasting until golden brown, another 12-13 minutes.

3 **Sear chicken:** Meanwhile, season **chicken** on all sides with **salt** and **pepper.** Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until browned but not fully cooked through, 3-4 minutes per side.

4 **Finish chicken:** Transfer **chicken** to baking sheets with **veggies,** and finish cooking until no longer pink in the middle, 5-8 minutes.

5 **Make pan sauce:** Add **demi glace, 1 cup water,** and a few sprigs of **thyme** to same pan over medium heat. Bring to a boil, and scrape up any browned bits from bottom of pan. Reduce to a simmer until thickened and reduced by half, 3-5 minutes. Stir in **butter,** remove from heat, and stir in juice of half a **lemon.**

6 **Serve:** Discard **thyme sprigs.** Serve **chicken** and **veggies** with **pan sauce** and **lemon wedges.** Enjoy!