

Rustic Smoky Glazed Chicken & Veggie Bake

Servings: 6

Prep Time: 20min

Cook Time: 45min



Ingredients

- 2 tsp. smoked paprika
- 2 tsp. ground cumin
- 1/2 tsp. pepper
- extra-virgin olive oil
- Kosher salt
- 450g potatoes
- 225g carrots
- 110g Brussels sprouts
- 110g onion
- 110g halved mushrooms
- 110g asparagus, cut up
- 110g whole green beans
- 680g chicken pieces
- Chopped parsley, for serving
- Lemon wedges, for serving

Directions

1. Preheat oven to 230 degrees C. Make rub: Combine paprika, cumin, and pepper.
2. On a large rimmed baking sheet, toss 2 tablespoons olive oil, one-third of rub, and 1/2 teaspoon salt with potatoes, carrots, Brussels sprouts, and onion. Roast 10 minutes.
3. On another baking sheet, toss 2 teaspoons olive oil and one-third of rub with mushrooms, asparagus, and green beans. Push to one side of pan. On other side, arrange chicken pieces. Sprinkle with remaining rub. Season veggies and protein with 1/2 teaspoon salt. Roast both pans 20 to 35 minutes or until chicken is cooked and all veggies are softened (transfer chicken from pan to platter if cooked before veggies are tender). To serve, garnish with parsley and squeeze of lemon.