

A top-down view of a sheet pan filled with roasted chicken pieces, cherry tomatoes, potatoes, onions, and carrots. The ingredients are arranged in a somewhat circular pattern, with the chicken in the center and vegetables around it. The pan is on a light-colored surface.

RECIPE | TOMATOES



SHEET PAN CHICKEN WITH TOMATOES & VEGGIES

A circular logo with a blue background. The words "pure" and "flavor" are written in a white, lowercase, sans-serif font. A green leaf icon is positioned between the two words.

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SHEET PAN CHICKEN WITH TOMATOES & VEGGIES

Recipe created by *Yasmin Benhan*



55 min

15 min | **40 min**
PREP. | COOKING



6



easy

INGREDIENTS

For the entrée:

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes
- 8** chicken thighs, boneless & skinless
- 1** large carrot
- 1** small red onion
- 2 cups** baby potatoes
- 2 tbsp** olive oil
- Salt & pepper to taste
- Fresh parsley, chopped, for garnish

For the rub:

- 3 tbsp** Olive oil
- 1 tbsp** lemon juice
- 2 tsp** paprika
- $\frac{1}{2}$ **tsp** garlic powder
- $\frac{1}{2}$ **tsp** dried oregano
- $\frac{1}{2}$ **tsp** dried basil
- $\frac{1}{2}$ **tsp** salt
- $\frac{1}{2}$ **tsp** pepper

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Whisk together the rub ingredients.
- 3 Pat the chicken dry and add to a bowl with the rub and set aside.
- 4 Cut the baby potatoes into quarters and thinly slice the onion & carrot.
- 5 On a large baking sheet, add the vegetables, toss with olive oil and season with salt and pepper. Then add the chicken thighs amongst the vegetables.
- 6 Cook for 40 minutes until the chicken is cooked through and the potatoes are tender.
- 7 Garnish with fresh parsley and enjoy with rice or naan bread.