

Chicken, Apple, and Brussels Sprout Sheet Pan Dinner

If you're looking for the easiest dinner imaginable (short of takeout), this one, with chicken, apple, and brussels sprouts, is not only easy to cook, but even easier to clean! Serve it alone or with rice/salad.

Prep: 15 mins

Cook: 40 mins

Total: 55 mins

Servings: 6

Yield: 6 chicken thighs

Ingredients

2 cups Brussels sprouts, halved

1 red apple, cut into 1-inch cubes

1 (4 ounce) package pancetta

2 tablespoons olive oil, divided

1 teaspoon minced fresh rosemary

6 skinless, boneless chicken thighs

Salt and pepper to taste

Directions

Step 1

Preheat the oven to 220 degrees C

Step 2

Toss Brussels sprouts, apple, and pancetta with 1 tablespoon olive oil and rosemary in a bowl. Spread into a single layer on a sheet pan.

Step 3

Leave space on the pan for the chicken thighs. Toss chicken with the remaining 1 tablespoon oil in the same bowl; place on the sheet pan. Sprinkle salt and pepper on top.

Step 4

Bake in the preheated oven, stirring the brussels sprouts mixture every 15 minutes, until chicken is no longer pink in the center and the juices run clear, 40 to 45 minutes. An instant-read thermometer inserted into the centre should read at least 74 degrees C

Cook's Note

Use your favourite herb instead of rosemary, if desired.