

ONE-PAN CHICKEN AND ASPARAGUS BAKE

Preparation: 15 minutes | Cooking: 20 minutes | Servings: 4

INGREDIENTS

Two 8-ounce boneless, skinless chicken breasts
1 pound asparagus, trimmed
12 ounces baby Yukon gold potatoes, halved
8 ounces carrots, diagonally sliced into 1-inch pieces
1 lemon
3 tablespoons EVOO
2 tablespoons lemon juice
2 tablespoons chopped shallots
2 tablespoons chopped fresh parsley
1 tablespoon fresh dill, chopped
1 tablespoon whole-grain Dijon mustard
2 teaspoons ground coriander
2 teaspoons honey
3/4 teaspoon salt
1/2 teaspoon ground pepper



INSTRUCTIONS

Preheat your oven to 375 degrees. Place your chicken on a clean surface and cover it with plastic wrap. Using a meat mallet, pound the chicken pieces to an even 1/2-inch thickness. Once done, arrange the chicken on only one half of a large, rimmed baking sheet. On the other half of your baking sheet, in a single layer, arrange your potatoes and carrots. You can now drizzle 1 tablespoon oil, 1 teaspoon coriander, 1/2 teaspoon salt, and 1/4 teaspoon pepper on the chicken and vegetables. Bake the chicken and vegetables for 15 minutes. While your chicken is cooking, whisk lemon juice, shallots, mustard, honey and the remaining 2 tablespoons oil, 1 teaspoon coriander, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. After 15 minutes, remove the pan from the oven and switch the oven to broil. Stir your carrot and potato mixture, and arrange asparagus in the center of the pan. Spoon the lemon juice-shallot mixture evenly over your chicken and vegetables. Broil until the chicken and vegetables are lightly browned, asparagus is tender-crisp and a thermometer inserted in the thickest portion of the chicken registers 165°F, about 10 minutes. Remove and sprinkle with dill and parsley. Add lemon wedges for flavor and serving.