

Glazed Chicken Thighs with Autumn Vegetables

Ingredients

- 6 bone-in, skin-on chicken thighs
- 2 tbsp extra virgin olive oil
- 2 tbsp honey
- 2 tbsp Dijon mustard (or whole-grain mustard)
- 2 garlic cloves, minced
- 1 tbsp soy sauce
- 1 tbsp apple cider vinegar (or lemon juice)
- 1 tsp fresh thyme or rosemary, chopped
- Salt and freshly ground black pepper

Vegetable options (choose a mix):

- 2 cups butternut squash, peeled and cubed
- 2 cups brussels sprouts, halved
- 2 cups carrots or rainbow carrots, cut into sticks
- 2 cups sweet potatoes, peeled and cubed
- 1–2 parsnips, cut into batons
- 1 small red onion, cut into wedges

Instructions

1. Preheat the oven to 425°F (220°C) so it's fully hot before roasting.
2. In a small bowl, whisk together the honey, Dijon mustard, garlic, soy sauce, and apple cider vinegar until smooth, then stir in the herbs.
3. On a large sheet pan lined with parchment, spread your chosen vegetables and drizzle with olive oil. Season with salt and pepper, toss to coat, and arrange in an even layer.
4. Pat the chicken thighs dry with paper towels, season with salt and pepper, and brush generously with the glaze so the skin is well coated.
5. Place the chicken skin-side up among the vegetables and roast for 35–40 minutes, brushing with extra glaze halfway through, until the skin is golden and the chicken reaches 175°F (80°C).
6. Once roasted, spoon the sticky pan juices over the chicken and vegetables before bringing the tray to the table.

Note & Storage

- Broil for 2–3 minutes at the end if you prefer extra crispy skin.
- Store leftovers in an airtight container in the fridge for up to 3 days.
- Reheat in the oven at 350°F (175°C) until warmed through.