



Sweet and Spicy Sheet Pan Chicken with Carrots and Dates

Total Time: 35-45 minutes Calories per Serving: 740

Serves: 2 people

This dish celebrates the joy of cooking an entire meal on only one sheet pan —warm, comforting, and quick on cleanup. Sweet and savory chicken roasts atop a bed of vegetables.

USDA recommends cooking chicken to 165° F.



1. Prepare Ingredients

Preheat oven to 450°F. Halve **orange**. Rinse **carrots** and thinly slice on a diagonal. Peel **onion**, halve, and thinly slice. Cut **dates** crosswise into ¼-inch slices. Rinse **chicken** and pat dry with paper towel.



4. Roast Chicken and Vegetables

Transfer **chicken**, **vegetables**, and **marinade** to a foil-lined baking sheet. Season all over with **1 teaspoon kosher salt** and **black pepper**. Arrange in a single layer with chicken skin-side up. Transfer to oven and roast together until chicken is cooked through and no longer pink and vegetables are tender, 18-23 minutes.






2. Make Marinade

In a large shallow bowl or resealable plastic bag, combine **bay leaf**, **honey**, **whole herb sprigs**, **mustard**, as much **Aleppo pepper** as desired, **juice of 1 orange**, and **1 tablespoon olive oil**.



5. Plate Chicken

Remove and discard whole herb sprigs and bay leaf. Serve **roasted chicken** atop a bed of **vegetables**, sit back, and enjoy.

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3. Marinate Chicken and Vegetables

Add **carrots**, **onion**, **dates**, and **chicken** to marinade and turn to coat. Set aside to marinate at room temperature for about 10 minutes.

🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

A slight odor when you remove the chicken from its packaging is a natural reaction to vacuum packing.

Aleppo pepper is spicy, so use only as much as desired depending on your spice preference.

🔗- INGREDIENTS

- 1 orange
- 6 ounces carrots
- 1 yellow onion
- 6 dates
- 2 chicken legs
- 1 bay leaf
- 2 packets honey
- 1 herb mix
 - 2 sprigs oregano
 - 4 sprigs thyme
- 2 tablespoons whole-grain mustard
- ¼ teaspoon Aleppo pepper

🔗- YOU'LL NEED

- large resealable plastic bag (optional)
- aluminum foil
- baking sheet
- 1 tablespoon olive oil
- kosher salt
- black pepper

Great food starts with great ingredients. We're proud to send you chicken raised without antibiotics.