ONE PAN CHICKEN & ASPARAGUS BAKE

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TIME TO PREPARE

20 Minutes

COOK TIME

20 Minutes

4 SERVINGS

Ingredients

- 2 (8 oz) boneless, skinless chicken breasts, cut in half crosswise
- 12 oz yellow flesh baby potatoes, halved lengthwise
- 8 oz (about 2 large) carrots, diagonally sliced into 1-inch pieces
- 2 tsp ground coriander, divided
- 1 tsp salt, divided
- 1/2 tsp freshly ground black pepper
- 2 tbsp freshly squeezed lemon juice
- 1 shallot, chopped
- 1 tbsp whole grain Dijon mustard
- 2 tsp liquid honey
- 1 lb fresh asparagus, trimmed
- 2 tbsp chopped flat-leaf parsley

Steps to Make

1. Preheat oven to 375 F. Place chicken on a clean work surface and cover with plastic wrap. Using a meat mallet, pound the chicken pieces to an even 1/2-inch thickness. Arrange on one half of a large rimmed baking sheet. Arrange potatoes and carrots in a singe layer on the other half of the pan. Drizzle the chicken and vegetables with 1 tbsp oil, sprinkle with 1 tsp coriander, 1/2 tsp salt and 1/4 tsp freshly ground black pepper.
2. Place in preheated oven and bake for 15 minutes.
3. Meanwhile, whisk lemon juice, shallot, mustard, honey and remaining 2 tbsp oil, coriander, salt and pepper in a small bowl.
4. Remove the pan from the oven; adjust oven temperature to Broil. Stir the potato and carrot mixture and arrange asparagus in the centre of the pan. Spoon the lemon-honey mixture evenly over the chicken and vegetables. Broil until the chicken and veggies are lightly browned; asparagus is tender crisp and chicken registers 165 F when tested with a thermometer in the thickest part of the meat.
5. Remove from oven and sprinkle evenly with parsley and dill. Serve with lemon wedges.

- 1 tbsp chopped fresh dill
- Lemon wedges