

Food Babe's Lemon Rosemary Chicken & Root Vegetables



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	4

<https://foodbabe.com/one-pan-dish-lemon-rosemary-chicken-root-vegetables>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 teaspoon fresh rosemary
- 1 teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- 2 teaspoons garlic cloves, minced
- 2 whole lemons, halved
- ½ yellow onion, diced
- 3 cups root vegetables, diced
- 4 chicken thighs
- 1 pinch sea salt, to taste
- 1 pinch fresh ground pepper, to taste
- 2 stalks fresh rosemary
- ½ cup [chicken broth](#)

Instructions:

1. Preheat the oven to 400° F.
2. Place the rosemary leaves, oregano, red pepper flakes, garlic, juice of 1 lemon and 1 tablespoon olive oil in a bowl. Mix to combine.
3. Season the chicken with salt and pepper. Add the chicken to the bowl with the spice mix and rub to coat evenly. Set aside.
4. Heat the remaining tablespoon of oil in an oven safe skillet or cast iron pan over medium heat. Add the onion and root vegetables. Cook for 5-7 minutes. Remove from the pan.
5. Place the chicken thighs in the pan and brown on each side, 2-3 minutes. Add the root vegetable mix back into the pan with the chicken along with the rosemary sprigs, chicken stock and cut lemons. Place in the oven and cook for 20-25 minutes or until the chicken is cooked through and vegetables are tender. Enjoy!

Notes:

- Please use all organic ingredients if possible.