Best Way to Bake Chicken

An easy way to bake a complete chicken dinner is to roast small carrot pieces first, then add boneless thighs and onion. This staged tray method keeps the chicken from overcooking while the vegetables soften.



PREP	COOK	TOTAL	SERVES	LEVEL
15 min	35 min	55 min	4	Easy

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 4 carrots (320 g), cut into 1/2-inch pieces
- 1 red onion (150 g), cut into wedges
- 2 tbsp (30 ml) olive oil, divided
- 1 tsp (2 g) paprika
- 1 tsp (1 g) dried thyme
- 2 garlic cloves (6 g), minced
- 3/4 tsp (4.5 g) fine salt, divided
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (15 ml) lemon juice

VARIATIONS Sweet potato: replace carrots with small sweet potato cubes.
Rosemary: replace thyme with 1 tsp chopped rosemary.
Pepper: add one diced bell pepper with the chicken.

NOTE Use a large rimmed tray and similarly sized boneless thighs. This method is specific to boneless thighs, not whole chickens or bone-in breasts.

DIRECTIONS

1. Heat oven to 425°F (220°C). Toss carrots with 1 tbsp oil and 1/4 tsp salt on a large lined tray. Roast 10 minutes.
2. Mix remaining oil and salt with paprika, thyme, garlic and pepper. Coat chicken and onion wedges in this mixture.
3. Add chicken and onion to the tray in one layer. Roast 20-25 minutes more, stirring the vegetables once.
4. Verify the thickest part of each thigh reaches at least 165°F (74°C). Return carrots to the oven if they need more time while the chicken rests.
5. Rest chicken 5 minutes and finish with lemon juice.

FOOD SAFETY & STORAGE Refrigerate leftovers within 2 hours in shallow covered containers at 40°F (4°C) or colder; use within 3–4 days. Reheat ground chicken to 165°F (74°C); freeze airtight portions for up to 2 months.