



Makes: 4-6 servings

Prep Time: 30 minutes Cook Time: 45 minutes

Total Time: 1 hour & 15 minutes plus marinate time 6 hours

Ingredients

- 1 tsp lemon zest
- 3 tbsp freshly squeezed lemon juice, from 1 large lemon
- 1 tsp orange zest
- 6 tbsp freshly squeezed orange juice, from 2 oranges
- 6 tbsp extra-virgin olive oil
- 3 tbsp whole grain mustard
- 6 tbsp honey
- 1/2 tsp crushed red pepper flakes
- 3 cloves garlic, roughly chopped
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 2 & 1/2 tsp salt
- 4 pounds bone-in chicken pieces (thighs, drumsticks and breasts)
- 3 cups 1/4-inch sliced carrots
- 1 medium yellow onion, halved and thinly sliced
- 1 cup thinly sliced dried dates
- 2 tbsp chopped Italian parsley, for garnish
- 1/4 cup chopped salted pistachios, for garnish

Instructions

Make the Marinade:

In a medium bowl whisk together the lemon zest, lemon juice, orange zest, orange juice, olive oil, mustard, honey, red pepper flakes, garlic, thyme, and salt.

Place the chicken, carrots, onions, and dates in a large sealable plastic bag. Add the marinade and seal shut. Massage to make sure everything is evenly coated with the marinade. Place the bag on a rimmed sheet pan to protect against leakage and marinate in the refrigerator for at least 6 hours or overnight.

Preheat the oven to 425°F and set an oven rack in the middle position.

Transfer all ingredients from the bag, including the marinade, to a rimmed sheet pan (do not line the pan with foil). Turn the chicken skin side up. Roast until chicken is lightly browned and cooked through, 40 to 45 minutes. About halfway through cooking, stir the carrots so that they don't burn around the edges of the pan. Toward the end of cooking, watch carefully so that the skin doesn't burn.

If the skin isn't nicely browned, turn on broiler (leave pan on middle rack), and cook 1 to 3 minutes more, or until skin is golden brown and crispy. Watch carefully: the honey in the marinade can cause the skin to burn quickly.

Transfer the chicken, carrots, onions and dates onto a platter, along with the sauce in the pan. Sprinkle the parsley and pistachio nuts over top and serve.

Recipe from Once Upon a Chef