

# Mediterranean Chicken Bake with Lemon-Thyme Roasted Vegetables



35 minutes | 2 servings

## Find cookware

[baking sheet pan](#)  
[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater](#)  
[measuring spoons](#)  
[oven mitts](#)  
[spatula](#)  
[stainless steel or cast iron skillet](#)  
[tongs](#)

## Grab ingredients

½ crown	broccoli
1 lb	chicken thighs, boneless skinless
½ small pkg	fresh thyme
1 clove	garlic
½	lemon
1	red bell pepper
½ medium	red onion
1 medium	zucchini squash
	black pepper
	butter, unsalted
	salt

## Cook & enjoy

- 1 Preheat oven to 400°F.
- 2 Wash and dry the fresh produce.
  - 1 red bell pepper
  - 1 medium zucchini squash
  - ½ crown broccoli
  - ½ lemon
  - ½ small pkg fresh thyme
- 3 Seed and slice bell pepper crosswise into rounds; add to a baking sheet.
- 4 Halve zucchini lengthwise, then slice crosswise into half rounds; add to the baking sheet.
- 5 Separate broccoli into bite-sized florets and cut stems into smaller pieces; add to the baking sheet.
- 6 Peel and slice onion into rings; add to the baking sheet.
  - ½ medium red onion
- 7 Heat a large skillet over medium-high heat.
- 8 While the skillet heats up, pat the chicken thighs dry with paper towels and place on a plate; season with salt and pepper on both sides.
  - 1 lb chicken thighs, boneless skinless
  - ¼ tsp salt
  - ⅓ tsp black pepper
- 9 Add butter to the skillet and swirl to coat the bottom.
  - 3 tbsps butter, unsalted
- 10 Add chicken to the skillet and cook on one side until golden brown, about 5 minutes. Flip and cook for an additional 1 minute then remove from heat (the chicken will not be cooked all the way through).
- 11 Meanwhile, zest and juice lemon over the vegetables. Slide thyme leaves off the stems; discard the stems and sprinkle the leaves over the vegetables.

- 12 Peel and mince the garlic.  
1 clove garlic
- 13 Transfer chicken to the baking sheet with the vegetables; arrange chicken, golden brown-side facing up, over the vegetables; set aside.
- 14 Return the skillet to medium heat, deglaze by adding water and scraping up any browned bits from the bottom of the skillet. Add garlic, salt, and pepper to the skillet and stir to combine.  
2 tbsp water  
½ tsp salt  
¼ tsp black pepper
- 15 Pour the skillet sauce over the chicken and vegetables, then place in the oven. Bake, tossing the chicken and vegetables halfway through, until tender and cooked through, 20-25 minutes.
- 16 To serve, divide chicken and roasted vegetables between plates and enjoy!