GREEK · DINNER

Greek Sheet-Pan Chicken Thighs with Vegetables

70 min · Serves 6 · 470 kcal a serve · Video 6:37 · Downshiftology

Gluten-free ingredients · Nut-free

A whole meal of chicken and four non-starchy vegetables in one tray: about 27 g protein, fibre from the vegetables, olive-oil fats and roughly 7 g net carbs per serve, with no added sugar.

Diet notes: Keto (6.8 g net carbs a serve).

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Ingredients 16 · SERVES 6

- [ ] 6 **chicken thighs**, bone-in and skin-on
- [ ] 1/2 cup **olive oil**
- [ ] **Lemon juice**: juice of 1 lemon (about 3 tbsp)
- [ ] 4 large **garlic** cloves, minced
- [ ] 2 tsp **dried oregano**
- [ ] 1 tsp **dried thyme**
- [ ] 1 tsp **kosher salt**
- [ ] 1/2 tsp **black pepper**
- [ ] 1 tsp **Dijon mustard**
- [ ] 1 **yellow capsicum** (bell pepper), cut into chunks
- [ ] 1/2 large **red onion**, cut into wedges
- [ ] 1 large **zucchini**, cut into thick half-moons
- [ ] 1 pint (about 2 cups) **cherry tomatoes**
- [ ] 1/2 cup **pitted Kalamata olives**
- [ ] 1/4 cup crumbled **feta**
- [ ] 2 tbsp chopped **fresh parsley**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 425°F. Whisk the olive oil, lemon juice, garlic, oregano, thyme, salt, pepper and Dijon in a small bowl. 0:37
2. Spoon about two-thirds of the marinade over the chicken thighs, rub it in well and leave for 15–20 minutes (or longer in the fridge). 1:53
3. Cut the capsicum into bite-sized chunks, the onion into wedges and the zucchini into thick half-moons. Spread them on a large sheet pan with the cherry tomatoes, pour over the remaining marinade and toss to coat. 2:20
4. Nestle the chicken thighs among the vegetables, skin side up, and roast for 30 minutes. 3:55
5. Scatter the olives and feta over the pan and roast another 10–15 minutes, until the chicken is golden and cooked through and the vegetables are soft and caramelised. 4:50
6. Sprinkle with parsley and serve each thigh on a generous pile of the vegetables and pan juices. 5:12

> **Tip** Serves 6, one thigh each (the cook's written recipe). Boneless thighs cook faster, so check them after 25 minutes. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
470 kcal	**27** g	**9.5** g	**2.7** g	**36** g	**640** mg
1,970 kJ	54% of a day	6.8 g net · 4.9 g sugars	10% of a day	8 g saturated	28% of a day
		3% of a day		47% of a day	

Energy from net carbs 6% · protein 24% · fat 70% — fits keto: 6.8 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin C 60% · Selenium 45% · Vitamin K 38% · Vitamin B6 35% · Vitamin E 28% · Zinc 25% · Omega-3 20%

Source of (10–19%) Vitamin B12 18% · Iron 14% · Vitamin A 14% · Potassium 13% · Folate 12% · Magnesium 11%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=AXRlNU_tjs8, published 11 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-greek-sheet-pan-chicken