



Razzle Dazzle Pan

A super simple, fun and magical one sheet dish that will leave your house smelling delectable, tastes incredible, and, will leave a big smile on the faces of those you love.

For me personally, I love layering when cooking. With all the the ingredients, cooking side by side on one big sheet, to me, creates this magic "umami" effect, where all of the flavors, textures and colors magically combine to make one incredible dish. The best part, you can easily substitute any of these ingredients out for another protein source or vegetable. At this point, it is just prep and time management - the rest is up to the big magic of cooking.

Leave the chicken out of this dish for vegetarian/vegan preferences. Add in some kidney beans if you want some protein.

Recipe Serve ~ 4

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The Haul

Ingredients

One Pan Sheet

1lb Chicken Thighs OR
14oz Black or Kidney Beans
3 Cups Fingerling Potatoes
3 Cups Brussels Sprouts
3 Medium Carrots
1 Medium Sweet Potato
2-3 Red & Yellow Peppers
2 Sprigs of Rosemary
2 Garlic Cloves
Balsamic Vinegar (to taste)
Olive Oil
Salt + Pepper
Garlic Powder

Fennel Slaw

1 Lg Fennel Bulb
4 Tbsp Olive Oil
3 Tbsp Apple Cider Vinegar
1 Tbsp Honey
Salt + Pepper
Spritz of Hot Sauce

Equipment

Chef Knife
Cutting Board
Damp Kitchen Towel (for under cutting board)
Sheet Tray
Parchment Paper
Metal Kitchen Bowl
Meat Thermometer
Metal Spatula

The Flow

- TAKE 5 BIG DEEP BREATHS!
- Place damp towel underneath cutting board.
- Heat Oven to 400°.
- Place a sheet of parchment paper on sheet tray.
- Trim, peel and halve Brussels Sprouts. Toss onto sheet tray.
- Halve & Slice Fingerling Potatoes. Toss onto sheet tray.
- Peel and Asian Bias Cut Carrots. Toss onto sheet tray.
- Dice Sweet Potato, toss onto sheet tray.
- Rub Rosemary between your palms, and using your fingers, remove rosemary needles from stem, and sprinkle over ingredients on sheet tray.
- Peel and mince Garlic Cloves.
- Drizzle Brussels, Carrots, Potatoes with Olive Oil and Salt & Pepper - put in oven. Roast ~12-15 minutes.
- Meanwhile, season Chicken Thighs with Salt, Pepper, Balsamic Vinegar and Garlic Powder. Set aside.
- Julienne Cut Red & Yellow Peppers, set aside.
- After ~12-15 minutes, pull sheet tray from oven, add Chicken into center of sheet tray. Next spread peppers evenly over the rest of the ingredients on sheet tray, gently mix in.
- Roast for another ~ 12-15 minutes - until chicken is done with internal temp of 165°.
- While your meal is roasting in round two, prepare Fennel Slaw.
- Make sure your cutting board is clean and sanitized from animal products.
- Remove the stalks of fennel, set aside.
- Halve and remove core from Fennel.
- Next, thinly slice (flat side down) along ribs of Fennel bulb.
- Toss into metal kitchen bowl and add Olive Oil, Lemon Juice, Honey, Salt & Pepper and Hot Sauce to your liking.

The Drop

- Remove Chicken Thighs from sheet pan, and slice.
- Plate your dish. Scoop up ingredients from sheet pan (sans chicken) and place on plate or in a bowl. Next add chicken. Finish the top with Fennel Slaw.
- Serve immediately and share with those you love.
- Leftovers should be cooled, placed in air-tight storage containers and can be left in the fridge for ~5-6 days.