



Pan Chicken with Loaded Cauliflower

Ingredients

- 4 bone-in, skin-on chicken thighs (about 5 oz each)
- 2 tablespoons olive oil
- 4 sprigs fresh thyme
- ½ teaspoon kosher salt (plus extra for cauliflower)
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon paprika
- 1 small head of cauliflower (about 1 lb), quartered with stem intact
- 4 tablespoons unsalted butter, melted and cooled
- 2 slices no-sugar, uncured bacon
- 4 slices sharp cheddar cheese
- ¼ cup sour cream
- 2 teaspoons finely chopped chives

Instructions

Step 1 – Preheat Oven & Prep Sheet Pan:

Preheat your oven to 450°F (230°C). Line a rimmed baking sheet with parchment paper.

Step 2 – Marinate the Chicken:

In a medium bowl, combine chicken thighs, olive oil, thyme, paprika, salt, and pepper. Toss well to coat and set aside to marinate for 30 minutes.

Step 3 – Prep the Cauliflower:

Remove any outer leaves from the cauliflower. Cut it into quarters, keeping the core intact so the florets stay together. Brush each piece with melted butter and sprinkle with ½ teaspoon salt.

Step 4 – Arrange on Sheet Pan:

Place the chicken thighs skin-side up on one side of the baking sheet. Drizzle any remaining marinade over the top. Arrange the cauliflower quarters on the other side, one cut-side down. Lay the bacon slices along the edge of the baking sheet.

Step 5 – Bake:

Bake for 15–17 minutes, until the bacon is crisp. Remove the bacon and set it on a paper towel-lined plate to cool. Return the tray to the oven and continue baking for 25–30 more minutes, or until the chicken reaches an internal temperature of 165°F (75°C) and the cauliflower is golden and tender.

Step 6 – Add Cheese and Finish:

Roughly chop the cooled bacon. Place a slice of cheddar on each cauliflower piece and return the pan to the oven for 1–2 minutes, just until the cheese melts.

Step 7 – Serve:

Top each cauliflower quarter with a tablespoon of sour cream, chopped bacon, and a sprinkle of fresh chives. Serve hot alongside the roasted chicken.