

Sheet Pan Roasted Chicken with Pears and Arugula

Ingredients

- 6 skin-on, bone-in chicken thighs (2½ to 3 pounds)
- Kosher salt and black pepper
- ½ tsp red-pepper flakes
- 1 tsp cumin
- 1 tsp coriander
- 1 Tbsp grated fresh ginger from a 2-inch piece
- 3 Tbsp olive oil
- 2 firm, semi-ripe Bartlett or Bosc pears, cored and quartered lengthwise
- 2 Tbsp raw, unsalted sunflower seeds
- 2 packed cups baby arugula
- 1 lemon, halved
- ¼ cup fresh cilantro leaves and tender stems, roughly chopped



Preparation

1. Heat the oven to 450° with a rack in the center
2. Pat the chicken dry and trim excess fat and skin
3. Sprinkle all over with 2 teaspoons salt, and season with pepper
4. In a small bowl, mix together the red-pepper flakes, cumin, coriander, ginger and oil
5. In a sheet pan, rub the chicken and pears all over with the mixture
6. Arrange chicken skin-side up and pears skin-side down
7. Cook until the chicken is cooked through (165°) and the pears are tender, 25-30 minutes
8. During the last 5 minutes, add the sunflower seeds to the pan
9. When finished cooking, spoon off fat until there's a light coating on the surface
10. Scatter the arugula on top, and squeeze the juice of ½ lemon over the pan
11. Season with salt and pepper to taste
12. Top with herbs
13. Cut the remaining lemon half in quarters and serve