

Treasure Barrel

Garlic Herb Chicken with Creamy Mash & Roasted Carrots

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 2 tbsp olive oil
- [ ] 4 cloves garlic, minced
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and black pepper to taste
- [ ] 4 large russet potatoes, peeled and quartered
- [ ] 4 tbsp unsalted butter
- [ ] 1/4 cup warm milk
- [ ] 1 tbsp fresh parsley, chopped
- [ ] 8 carrots, peeled and cut into sticks
- [ ] 1 tbsp honey

For the Oven

- [ ] 1 tbsp olive oil (for carrots)
- [ ] A pinch of sea salt

Instructions

1. Pat the chicken thighs dry, then rub them with olive oil, minced garlic, thyme, rosemary, lemon juice, salt and pepper; let sit while you preheat the oven to 400°F.
2. Place the carrots on a baking sheet, drizzle with olive oil and honey, sprinkle a pinch of salt, and toss to coat.
3. Arrange the chicken thighs on a separate sheet, skin side up, and roast both trays for 25-30 minutes, until the skin is golden and the carrots are caramelized.
4. Meanwhile, boil the potatoes in salted water until fork-tender, about 15 minutes; drain and return to pot.
5. Mash the potatoes with butter, warm milk, and a pinch of salt until smooth; fold in chopped parsley and keep warm.
6. Serve each chicken thigh over a pillow of creamy mash, surround with roasted carrots, and garnish with extra parsley and a drizzle of pan juices.

Nutrition per serving

460 kcal	30 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier skin, broil the chicken for the last 2 minutes.
- For extra depth, add a splash of white wine to the pan before roasting the carrots (omit if avoiding alcohol).
- Reheat leftovers gently on the stovetop with a splash of milk to revive the mash.