

# Miso-Maple Sheet-Pan Chicken With Brussels Sprouts

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**Total Time** 35 minutes

**Prep Time** 10 minutes

**Cook Time** 25 minutes

**Rating** ★★★★★ (235)



Armando Rafael for The New York Times. Food Stylist: Simon Andrews.

Doused in a sweet and salty marinade, this roasted maple-miso chicken with Brussels sprouts is as doable as it is delicious. With less than 15 minutes at a high temperature, the cubed chicken develops a sticky, shiny, slightly charred exterior, while maintaining a tender and juicy interior. Brushing the chicken mid-bake with marinade might seem a little fussy, but those sweet, caramelized pockets of flavor on top of the chicken are a worthy reward. If you're looking for some additional brightness, top the chicken with a squeeze of lemon juice or a splash of rice vinegar. Serve over a bowl of rice or polenta.

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## INGREDIENTS

**Yield:** 4 servings

⅓ cup white miso

⅓ cup maple syrup

⅓ cup extra-virgin olive oil

1 teaspoon ground cumin

12 ounces Brussels sprouts,  
trimmed and halved

3 to 4 chicken breasts (about 2  
pounds), cut into 1½-inch cubes (6  
to 8 pieces per breast), patted dry

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## PREPARATION

### Step 1

Heat the oven to 425 degrees. Line a baking sheet with parchment paper.

### Step 2

To a medium bowl that is large enough to fit the chicken and Brussels sprouts, add the miso, maple syrup, olive oil and cumin; whisk until emulsified. Set aside and reserve a scant ¼ cup (about 3 tablespoons) of the mixture for later. Add the Brussels sprouts and chicken to the bowl and toss to coat using a flexible spatula.

### Step 3

Add everything to the baking sheet, arranging everything in a single layer. Scrape any marinade left in the bowl over the mixture on the baking sheet.

#### **Step 4**

Bake for 8 minutes. Remove the baking sheet from the oven and daub the reserved 3 tablespoons marinade on top of the chicken and Brussels sprouts. Return the pan to the oven and continue baking for 4 minutes more.

#### **Step 5**

Heat the broiler. Place the baking sheet right underneath it and broil for 1 to 2 minutes, until chicken is cooked through and slightly charred on top. Serve warm.

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#### **Private Notes**

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