



RED CURRY SHEET PAN CHICKEN

w/ Sweet Potatoes and Crispy Kale

Servings: 4

Ingredients

- 1 lb. sweet potatoes about 2 medium, cut into wedges
- 1 medium red onion cut into wedges
- 2 large garlic cloves minced
- 1 inch knob fresh ginger peeled and minced (about 1 Tbsp.)
- Olive oil
- Sea salt
- 2 tsp. Thai red curry paste see note
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. maple syrup
- 1 whole chicken separated into parts
- 1 bunch Lacinato Tuscan or Dinosaur kale, thick stems removed and roughly chopped

Directions

1. Preheat the oven to 425° F.
2. On a large rimmed baking sheet, toss the sweet potatoes, red onion, garlic and ginger with 1 tablespoon of olive oil and 1/2 teaspoon salt. Arrange in an even layer on the sheet pan.
3. In a small mixing bowl or one-cup measure, whisk together the curry paste, lemon juice, maple syrup, 2 tablespoons olive oil and 1/2 teaspoon salt until combined.
4. Arrange the chicken pieces in an even layer on top of the vegetables. Drizzle the chicken with half the red curry mixture and using your hands (or a brush for the squeamish) rub the marinade all over the meat. Transfer the sheet pan to the oven and roast for 40 minutes, or until the skin is beginning to brown and the chicken has released some juicy goodness.
5. While the chicken roasts, prep the kale. In a large mixing bowl, combine the chopped leaves with the remaining red curry mixture. Toss until fully coated.
6. Remove the chicken from the oven and nestle the marinated kale among the other vegetables. Return to the oven and cook for another 10 minutes, or until the kale is wilted and the top leaves are beginning to crisp.
7. Serve the chicken straight from the pan for a rustic presentation. Coconut rice makes a nice accompaniment, but is not necessary.