



Lemon-Garlic Chicken Thighs

with Basmati Rice & Baby Kale



20-30min



2 Servings

There is a lot to love about chicken thighs—the meat is tender, packed with flavor, and they are much easier to cook (and more forgiving) than other cuts of meat. Our chicken is lightly dusted with flour, then seared before adding fresh garlic, and lemon zest and juice to the mix—making a luscious pan sauce. Lemon and garlic is the perfect combination for a flavorful but light chicken dinner. C...

What we send

- chicken broth concentrate
- lemon
- garlic
- baby kale
- basmati rice
- boneless, skinless chicken thighs
- fresh parsley

What you need

- all-purpose flour ¹
- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- skillet
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810.0kcal, Fat 37.0g, Proteins 50.0g, Carbs 65.0g



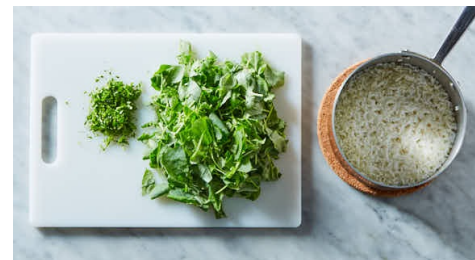
1. Prep ingredients

Finely grate **¼ teaspoon lemon zest**, then squeeze **2 teaspoons lemon juice**, keeping them separate. Peel and finely chop **1 large garlic clove**. Coarsely chop **baby kale**. Pick **1 tablespoon whole parsley leaves** from stems, and reserve for step 6. Finely chop **remaining parsley leaves and stems**.



4. Brown chicken

Heat **1½ tablespoons oil** in a large skillet over high. Transfer **chicken** to skillet, then reduce heat to medium-high. Cook until golden brown on both sides, 3-4 minutes. Transfer chicken to a plate.



2. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add rice, cook until fragrant, 1 minute. Add **1¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover; cook over low until liquid is absorbed, about 17 minutes. Add **kale** and **chopped parsley** to saucepan. Remove from heat; cover to keep warm.



5. Build pan sauce

Add **lemon zest, garlic**, and **1 tablespoon oil** to the skillet. Cook until fragrant, about 30 seconds. Whisk in **lemon juice, chicken broth concentrate**, and **1¼ cups water**. Return **chicken thighs and juices** to skillet. Bring liquid to a boil, then cover. Reduce heat to medium; braise until chicken is cooked through, about 6 minutes. Transfer chicken to a plate.



3. Season chicken

Pat **chicken** dry, then season all over with **1 tablespoon flour**, **½ teaspoon salt**, and **a few grinds pepper**.



6. Finish sauce & serve

Bring **liquid** in skillet back to a boil, then sprinkle in **1 teaspoon flour**, whisking constantly. Cook until sauce is thick enough to coat the back of a spoon, 1-2 minutes. Return **chicken** to skillet, turning to coat in sauce. Remove from heat, season sauce with **salt** and **pepper**. Stir **baby kale** and **parsley** into **rice**. Garnish with **remaining whole parsley**. Enjoy!