



Lemon-Garlic Chicken Thighs

with Basmati Rice & Baby Kale



20-30min



4 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

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

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 780.0kcal, Fat 34.0g, Proteins 50.0g, Carbs 64.0g



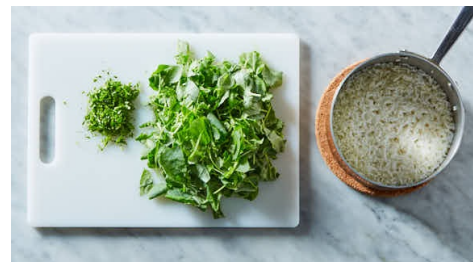
1. Prep ingredients

Finely grate **½ teaspoon lemon zest**, then squeeze **4 teaspoons lemon juice**, keeping them separate. Peel and finely chop **2 large garlic cloves**. Coarsely chop **baby kale**. Pick **2 tablespoons whole parsley leaves** from stems, and reserve for step 6. Finely chop **remaining parsley leaves and stems**.



4. Brown chicken

Heat **2 tablespoons oil** in a large skillet over high. Transfer **chicken** to skillet, working in batches if necessary, then reduce heat to medium-high. Cook until golden brown on both sides, 4-5 minutes. Transfer chicken to a plate.



2. Cook rice

Rinse **rice** in fine-mesh sieve until water runs clear. Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add rice, cook until fragrant, 1 minute. Add **2 cups water** and **1 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 **2 tablespoons oil** to the skillet. Cook until fragrant, about 30 seconds. Whisk in **lemon juice, chicken broth concentrate**, and **1 ¾ cups water**. Add **chicken thighs and juices** to the 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 **2 tablespoons flour**, **2 teaspoons salt**, and **a few grinds pepper**.



6. Finish sauce & serve

Bring **liquid** in skillet back to a boil, then sprinkle in **2 teaspoons 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, then season with **salt** and **pepper**. Stir **baby kale** and **parsley** into **rice**. Garnish with **remaining whole parsley**. Enjoy!