

Sku1487 hero 4751ae6ed8f10450863cff10a0aeb9b2

Lemon Roasted Chicken Thighs

with Carrots, Olives & Orzo



30-40min



2 Servings

Lemon and chicken are truly a match made in foodie heaven and this roast dinner celebrates their love affair. The chicken gets a bit of a head start in the oven, but then lemon slices, carrots, briny castelvetrano olives, and chopped rosemary are added to the mix. Simply seasoned green beans and fluffy orzo round out the meal to make for a pretty perfect plate. Cook, relax, and enjoy!

What we send

- fresh rosemary
- turkey broth concentrate
- garlic
- boneless, skinless chicken thighs
- carrots
- lemon
- green beans

What you need

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

Tools

- fine-mesh sieve
- medium ovenproof skillet
- small 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 880.0kcal, Fat 46.0g, Proteins 51.0g, Carbs 61.0g



1. Brown chicken

Preheat oven to 425°F with racks in the upper and lower thirds. Pat **chicken** dry and trim any excess fat. Season with **¼ teaspoon salt** and **a few grinds pepper**. Dust with **flour**, tapping off excess. Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Add chicken and cook, turning once, until browned, about 6 minutes total. Transfer to a plate.



4. Roast green beans

Meanwhile, bring a small saucepan of **salted water** to a boil. Trim stem ends from **green beans**. On a rimmed baking sheet, toss beans with **1 tablespoon oil**, **remaining garlic and rosemary**, and **a pinch each salt and pepper**. Roast on lower rack, until tender, 12-16 minutes.



2. Prep ingredients

Meanwhile, peel and finely chop **2 large garlic cloves**. Trim ends from **carrots**, then cut into ¼-inch rounds. Pick and chop **2 teaspoons rosemary leaves**. Halve **olives**, remove pits if necessary. Halve **lemon** lengthwise and thinly slice half (save rest for own use). Dissolve **turkey broth concentrate** in **1 cup warm water**.



5. Cook orzo

When water boils, add **orzo** and cook, stirring occasionally until al dente, about 8 minutes. Drain through a fine-mesh sieve, return to pot and toss with **1 teaspoon oil or butter**.



3. Finish chicken

Add **carrots**, **half of the garlic**, and **1½ teaspoons rosemary** to same skillet over medium-high, cook 1 minute. Add **broth**, **olives**, **lemon**, and **½ teaspoon salt**; bring to boil. Return **chicken and any juices** to skillet, season with **several grinds pepper**. Transfer to upper oven rack; braise until carrots are tender and chicken is cooked through, 16-18 minutes.



6. Reduce sauce & serve

Use a pot holder to carefully transfer skillet to stove. Boil over high heat until **sauce** is slightly reduced, 1-2 minutes. Serve **chicken**, **carrots**, **olives**, and **lemon** over **orzo** and **beans** alongside. Enjoy!