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Lemon Roasted Chicken Thighs

with Carrots, Olives & Orzo



30-40min



4 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 castelvetro 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

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

What you need

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

Tools

- fine-mesh sieve
- large ovenproof skillet
- medium 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 790.0kcal, Fat 37.0g, Proteins 50.9g, Carbs 59.0g



1. Brown chicken

Preheat oven to 425°F with racks in upper and lower thirds. Pat **chicken** dry and trim any excess fat. Season with **½ teaspoon salt** and **a few grinds pepper**. Dust with **flour**, tapping off excess. Heat **3 tablespoons oil** in a large ovenproof skillet over medium-high. Add chicken and cook, turning once, until browned, about 8 minutes. Transfer to a plate.



4. Roast green beans

Meanwhile, bring a medium saucepan of **salted water** to a boil. Trim stem ends from **green beans**. On a rimmed baking sheet, toss beans with **1½ tablespoons oil**, **remaining garlic and rosemary**, and **a pinch each salt and pepper**. Roast on lower rack, (below chicken) until tender, 12-16 minutes.



2. Prep ingredients

Meanwhile, peel and finely chop **3 large garlic cloves**. Trim ends from **carrots**, then cut into ¼-inch rounds. Pick and chop **1 tablespoon rosemary leaves**. Halve **olives**, remove pits if necessary. Halve **lemon** lengthwise then thinly slice. Dissolve **all of the turkey broth concentrate** in **1½ cups 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 **2 teaspoons oil or butter**.



3. Finish chicken

Add **carrots, ½ of garlic**, and **2 teaspoons rosemary** to same skillet over medium-high, cook 1 minute. Add **broth, olives, lemon**, and **1 teaspoon salt**; bring to a boil. Return **chicken and any accumulated 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!