

LEMON GARLIC CHICKEN

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COOK TIME: 30mins

SERVES: 4

CALORIES: 387 kcal (PER SERVING)

INGREDIENTS

8 small boneless/skinless chicken thighs
100 g/3.5 oz Castelvetrano olives
2 tbsp olive oil
2 tbsp unsalted butter
6 garlic cloves, minced
1 small onion, finely chopped
1 lemon, thinly sliced
1/4 cup/50 ml white wine
3/4 cup/200 ml chicken broth
2 tbsp honey
1/2 tsp each: salt, black pepper, garlic powder,
sweet paprika
6 thyme sprigs
1/4 tsp red pepper flakes, for sprinkling
flaky sea salt, for sprinkling
2 tbsp almonds, optional

DIRECTIONS

Season the chicken thighs with salt, black pepper, garlic powder and sweet paprika.

Heat oil and butter in a large skillet over medium high heat. Add the chicken and cook for 8-10 minutes on each side, until golden brown. When the chicken is cooked through, transfer to a clean plate.

Place the lemon slices flat on the bottom of the skillet in a single layer and sear for 30 seconds on each side without stirring, or until caramelized. Remove the lemons from the skillet and set aside.

Add garlic to the skillet, sauté until fragrant. Deglaze with white wine. Scrape the bottom with a wooden spoon to release the brown bits. Add honey and thyme. Pour in chicken broth and bring to a simmer.

Add chicken back to the skillet and cook for 3 minutes, or until heated through. Add olives, and layer lemon slices on top.

Finish off with almonds, flaky salt and red pepper flakes. Serve with bread, orzo or baked potatoes and a big side salad. Enjoy!

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