

ONE POT CHICKEN THIGH DINNER



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INGREDIENTS	MEAL PLAN THIS RECIPE
• 2 Organic Chicken Thighs • 1 Lb Cremini Mushrooms (Roughly), Cut into quarters • 1/2 Lb, Green Beans, cut into 3 smaller pieces • 4 Cups Homemade broth or Boxed Broth • 5 Cloves of Garlic • 1 Tablespoon, Grass-fed Butter • 1-2 Tablespoons, High Smoke Point Oil (Avocado oil) • Salt to taste • 5 Thyme Sprigs, Leaves pulled	1. Sear the chicken skin. 2. In a larger sheet tray or pyrex roasting pan, add the mushrooms a pinch of salt and a bit of oil, place the chicken skin side up. 3. Roast at 475 until the moisture cooks out of the mushrooms and garlic and the chicken is fork-tender. 4. Let the chicken rest then add the green beans. Continue cooking for 10 minutes. 5. Remove, then deglaze with the broth, let it reduce till its thickened and the finish with butter.

DIRECTIONS
1. WARNING: This recipe calls for transferring a pan in and out of the oven. YOU MUST BE VERY CAREFUL. I have burned my hand 100 times forgetting that that panhandle is EXTREMELY HOT. Always have an oven mitt or a bowl handy and when the pan is not in use, drape the towel over the handle so other people don't grab it and burn themselves. You have been warned. 2. Let your chicken sit in the fridge uncovered for a few hours or up to a day to let the skin dry out. You can also let it sit in some salt at this stage. This is going to help create a very crispy skin.

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3. Cut the mushrooms into quarters and cut the green beans into 3 smaller pieces. Pull the thyme leaves off of the stem. Prepare the garlic cloves.
4. If your broth is homemade and frozen, make sure it has been defrosting and/or get it on the stove, bring it to a boil then drop it to a simmer and then let it start to reduce by 75% (should be 1-2 cups of broth left after reducing).
5. In a medium sauté pan over medium-high heat and let that preheat dry. Once it's hot, add the avocado oil, then immediately add the chicken skin side down. Let that sit and sear. If the oil is going crazy, adjust the heat down a tiny bit, always be managing the heat as you see fit. Once you start to see the edge of the skin browning, transfer the whole pan into the 475-degree oven and continue to let it cook. Let that cook for about 10-15 minutes, until the skin is golden brown and crispy.
6. When the skin is where you want it, toss in the mushrooms, garlic and the thyme, season with a little salt and, if needed, a little more oil. Then flip the chicken thighs so that the skin side is face up and the chicken is sitting on the mushrooms. Turn the stove on to get the mushrooms hot for a minute then toss it back into the oven. The mushrooms will start to release their moisture which is what we want. This will help steam the chicken and help it finish cooking. Once the moisture has evaporated, about 25-30 minutes, check the chicken for doneness. Chicken is technically "cooked" at 165 degrees internal temp. That is ideal for the breasts and white meat, however, not for the dark meat. The dark meat needs to go further otherwise it will taste rubbery and tough. I like to cook mine until the meat is fork-tender, meaning when I poke it with something, there is no resistance from the meat, the fork pushes in easily and pulls out easily. When the chicken gets to that stage, remove the chicken and let it rest.
7. Now that the moisture in the mushrooms is gone and they are starting to brown, toss in the green beans, season with salt and a little oil if needed and then get it back in the oven for about 10-15 minutes. You'll know its ready when the mushrooms are nicely browned and the green beans are slightly cooked and still bright green. At this point, remove from the oven, and get it back on the stovetop. Turn the heat back on to medium, and then add 1-2 cups of the broth and let the broth reduce to a thick consistency. Taste and adjust the seasoning. Once everything tastes great, turn the heat off and add the cold butter. Swirl the butter into the sauce and let it melt. Once melted it's ready to serve.
8. You can remove the bone of the chicken thighs, which is what I like to do so the eating experience is much better. Simply take a small knife and just gently slice along the bone until you can just pull the bone out.
9. Mound a spoonful or two of the mushrooms and green beans in the center of the plate. Spoon some of the sauce right on top of it. Next top with the boneless chicken thigh. If you've got something green, garnish the top with that. I used some microgreens.