

CHICKEN THIGH DINNER

with Roasted Vegetables

Preparation Time: 20-25 Mins

INGREDIENTS

- Chicken Thigh
- Marinade
- Vegetables
- Lemon

FROM YOUR KITCHEN

- Salt & Pepper
- Oil
- Parchment Paper (optional)

STEP 1

WASH your hands and ORGANIZE your ingredients. We have conveniently provided a listing of the ingredients you will need in the order that you will need them.

STEP 2

In a bowl combine chicken and marinade. Be sure to coat entire chicken thigh, by spoon or brush. Allow to sit from 15 minutes, up to a maximum of two hours.

STEP 3

Preheat oven to 450°.

STEP 4

Heat 1 tbsp oil in a frying pan on HIGH heat. Heat until oil is nearing a smoking point**

STEP 5

Sear chicken for 1-2 minutes on each side.

STEP 6

In a mixing bowl, toss vegetables in 2 tbsp oil and pinch of each, salt and pepper. Transfer to oven-safe casserole dish and place in oven. BAKE for 15-20 minutes or until desired tenderness.

STEP 7

Transfer chicken thighs to a parchment paper lined baking sheet (or oiled baking sheet, if not using parchment paper). BAKE chicken (skin side down) for 10 minutes, then turn and bake for 7 additional minutes.

LET'S EAT!

PORTION and plate your chicken thighs and roasted vegetables.

Salt & pepper to taste.

GARNISH chicken with squeeze of lemon juice and serve!

PRO TIP

** Oil is at temperature when a droplet of water instantly sizzles on contact



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