



Braised 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.

What we send

- 1 lb pkg boneless, skinless chicken thighs
- garlic
- 1 carrot
- $\frac{1}{4}$ oz fresh rosemary
- 1 oz Castelvetrano olives ¹²
- 1 lemon
- 1 pkt turkey broth concentrate
- $\frac{1}{2}$ lb green beans
- 3 oz orzo ¹

What you need

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

Tools

- medium ovenproof skillet
- small saucepan
- fine-mesh sieve

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), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 35g, Carbs 52g, Proteins 55g



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 $\frac{1}{4}$ **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.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Trim ends from **carrots**, then cut into $\frac{1}{4}$ -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). In a liquid measuring cup, stir to combine **turkey broth concentrate** and **1 cup warm water**.



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 **remaining garlic and rosemary, 1 tablespoon oil**, and **a pinch each of salt and pepper**. Roast on lower oven rack until tender, 12-16 minutes.



5. Cook orzo

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



3. Braise chicken

Add **carrots, half of the garlic, and 1½ teaspoons rosemary** to same skillet over medium-high; cook until fragrant, 1 minute. Stir in **broth, olives, lemon slices, and ½ teaspoon salt**, bring to a boil. Return **chicken and any juices** to skillet; season with **pepper**. Braise on upper oven rack until carrots are tender and chicken is cooked through to 165°F, 16-18 minutes.



6. Reduce sauce & serve

Using pot holders, carefully transfer skillet from oven to stovetop. Boil over high heat until **sauce** is slightly reduced, 1-2 minutes. Serve **braised chicken, carrots, olives, and lemon slices** over **orzo** with **green beans** alongside. Enjoy!