



Lemon-Garlic Chicken Thighs

with Basmati Rice & Baby Spinach



20-30min



2 Servings

There is a lot to love about chicken thighs—the meat is tender and packed with flavor, and they are much easier to cook (and more forgiving) than other cuts of meat. These thighs are lightly dusted with flour, then browned and finished in a luscious pan sauce of fresh garlic and lemon (zest and juice). Basmati rice, bulked up with spinach and fresh parsley, is served on the side.

What we send

- 1 lemon
- garlic
- 3 oz baby spinach
- ¼ oz fresh parsley
- 5 oz basmati rice
- 12 oz pkg boneless, skinless chicken thighs
- 1 pkt chicken broth concentrate

What you need

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)

Tools

- microplane or grater
- small saucepan
- large skillet

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 31g, Carbs 63g, Protein 43g



1. Prep ingredients

Finely grate **¼ teaspoon lemon zest**, then squeeze **2 teaspoons lemon juice** into a small bowl, keeping them separate. Finely chop **1 teaspoon garlic**. Coarsely chop **spinach**. Pick **1 tablespoon whole parsley leaves** from **stems**; reserve for step 6. Finely chop remaining parsley leaves and stems together.



4. Brown chicken

Heat **1½ tablespoons oil** in a large skillet over high. Transfer **chicken** to skillet, then reduce heat to medium-high. Cook until golden brown on both sides, 3-4 minutes. Transfer chicken to a plate.



2. Cook rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and cook, stirring, until fragrant, 1 minute. Add **1¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover; cook over low until liquid is absorbed, about 17 minutes. Add **spinach** and **chopped parsley** to saucepan. Remove from heat and keep covered.



5. Make pan sauce

Add **lemon zest, chopped garlic**, and **1 tablespoon oil** to the skillet. Cook, stirring, until fragrant, about 30 seconds. Whisk in **lemon juice, chicken broth concentrate**, and **1¼ cups water**. Return **chicken thighs and any juices** to skillet. Bring liquid to a boil, then cover. Reduce heat to medium; braise until chicken is cooked through, about 6 minutes. Transfer chicken to a plate.



3. Season chicken

Pat **chicken** dry, then toss to coat with **1 tablespoon flour** and season with **salt** and **pepper**.



6. Finish & serve

Bring liquid in skillet back to a boil, then whisk in **1 teaspoon flour**. Cook, whisking, until sauce coats the back of a spoon, 1-2 minutes. Return **chicken** to skillet, turning to coat in sauce. Season sauce with **salt** and **pepper**. Stir **spinach** and **parsley** into **rice**. Serve **chicken** with **sauce**, and **rice**; garnish with **remaining whole parsley**. Enjoy!