



Saucy Skillet Chicken Thighs

with Herb-Buttered Noodles & Braised Cabbage

 45min  2 Servings

Chicken thighs are a forgiving cut of meat—they're juicy, full of flavor, and almost impossible to overcook. In this recipe, we pan-sear the chicken to crisp up the skin, then roast it nestled in a bed of red cabbage with garlic, chicken broth, a splash of vinegar, and a pinch of sugar.

What we send

- 1½ lb pkg bone-in chicken thighs
- garlic (use 1 large clove)
- ¼ oz fresh parsley
- 1 lb red cabbage (use half)
- 1 oz scallions
- 1 pkt chicken broth concentrate
- ½ lb bag egg noodles (use $\frac{2}{3}$)^{1,3}

What you need

- kosher salt & pepper
- olive oil
- butter⁷
- red wine vinegar (or apple cider vinegar)¹⁷
- sugar

Tools

- medium ovenproof skillet
- large saucepan
- colander

Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1090kcal, Fat 63g, Carbs 68g, Protein 61g



1. Brown chicken thighs

Preheat oven to 450°F with a rack in the center. Pat **chicken** dry, then season with **1 teaspoon salt** and **several grinds of pepper**. Heat **1 tablespoon oil** in a medium ovenproof skillet (preferably cast-iron) over medium-high. Add chicken, skin side up, and cook until well browned on the bottom, 3-5 minutes. Transfer to a plate. Discard any chicken fat; reserve skillet for step 3.



2. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Peel and finely chop **1 teaspoon garlic**. Coarsely chop **parsley leaves and stems** together. Cut **cabbage** in half, remove core, and cut one of the halves into 1-inch pieces (save remaining for own use). Trim **scallions**, then thinly slice.



3. Wilt cabbage

Melt **1 tablespoon butter** in reserved skillet over medium heat. Add **cabbage pieces** and $\frac{3}{4}$ each of the **garlic** and **scallions**, stirring to combine. Season with **salt** and **pepper**. Cook until slightly softened, 2-3 minutes. Stir in **chicken broth concentrate**, **½ cup water**, **2 tablespoons vinegar**, and **1 tablespoon sugar**; bring to a boil.



4. Roast chicken & cabbage

Place **chicken thighs** over **cabbage** in skillet, skin side up. Roast on center oven rack until chicken is cooked to an internal temperature of 165°F, about 20 minutes (watch closely as ovens vary). Switch oven to broil, then broil on center oven rack until chicken skin is crispy, about 2 minutes (watch closely).



5. Cook noodles

Meanwhile, add $\frac{2}{3}$ of the **egg noodles** (save rest) to boiling water and cook, stirring occasionally to prevent sticking, until tender, about 5 minutes. Reserve **¼ cup cooking water**; drain noodles and return to pot off heat. Add **remaining garlic**, **half of the chopped parsley**, and **1 tablespoon butter**, stirring until butter is melted. Season to taste.



6. Reduce sauce & serve

Return skillet with **chicken and cabbage** to stovetop and cook over medium-high until sauce is slightly reduced, 1-2 minutes. If **noodles** are too dry, stir in **1 tablespoon reserved cooking water** at a time, as needed. Serve **chicken thighs and braised cabbage** with **herb-buttered noodles** alongside. Sprinkle **remaining parsley and scallions** over top. Enjoy!