

Mediterranean Chicken



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- ___ 4 pieces of Bone in, Skin on, Chicken Thighs
- ___ 14.5oz can of Artichoke Hearts
- ___ Handful of Castelvetrano Olives, pitted
- ___ Fresh Herbs such as some Rosemary, Thyme and Parsley
- ___ 1/4 cup of Dry White Wine
- ___ 4 Cloves of Garlic, minced
- ___ 1/2 cup of Chicken Stock
- ___ Salt and Pepper to taste
- ___ 2 Tbsp of Olive Oil
- ___ Juice of 1/2 Lemon

1) Preheat your oven to 400 degrees. In an oven safe skillet, add a touch of oil, allow to preheat between medium and medium heat, meanwhile season some chicken thighs on both sides really well with plenty of salt and pepper, add them to the hot skillet skin side down and cook until the skin becomes golden brown and crispy, about 8 minutes, then flip to the other side to cook another 5.



2) Once the chicken is seared, remove from the pan, discard some of the chicken fat leaving a little behind and add in the garlic, saute about 30 seconds and deglaze with the white wine. Allow the wine to reduce by half then add the chicken back in skin side up, sprinkle over some herbs, arrange the artichoke hearts and olives around and pop the whole thing in the oven to cook about 10-15 minutes or until the internal temp of the chicken reaches 170 degrees F. Once ready, squeeze a little lemon over the top and dive in!