



ROASTED ITALIAN CHICKEN THIGHS

Mozzarella cheese crisps, roasted broccoli, pesto

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
500

NET CARBS PER SERVING
9 GRAMS

MENU
KETO // GLUTEN-FREE

A comforting dish, perfect for chilly nights. Boneless chicken thighs are seasoned with an Italian herb blend, then roasted in a savory vegetable broth. They're served alongside roasted broccoli — topped with an herbaceous basil pesto and homemade mozzarella *fricos* (Italian cheese crisps). A roasted red pepper pan sauce adds subtly sweet notes throughout.

INGREDIENTS (10 ITEMS)

- 12 oz **Boneless chicken thighs**
- 1 ¼ tsp **Italian herb blend**
- ¼ cup **Basil pesto** T
- 7 oz **Broccoli**
- 1 ½ oz **Yellow onions**
- ¼ oz **Garlic**
- ¼ cup **Vegetable broth & white wine vinegar**
- 1 ¾ oz **Mozzarella cheese** D
- 1 oz **Roasted red peppers**
- 1 tbsp **Butter** D

WHAT YOU'LL NEED

- 2 baking sheets
- oven mitt
- thermometer
- large oven-safe sauté pan
- measuring cup & spoons
- parchment paper

ALLERGENS

- T TREE NUT
- D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

ROASTED ITALIAN CHICKEN THIGHS

1 PREP BROCCOLI & GARLIC

- Preheat oven to 400 degrees.
- Cut **broccoli** into bite-size pieces, if needed.
- Mince **garlic**.



2 SEASON & ROAST BROCCOLI

- Place **broccoli** on a lightly oiled foil-lined baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with salt and pepper. Stir to combine. Spread out in an even layer.
- Transfer baking sheet to oven. Roast 17-18 minutes, or until broccoli is fork tender.



3 SEAR CHICKEN & ONIONS

- Season both sides of **boneless chicken thighs** with **Italian herb blend**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium heat. Add **chicken** to hot pan. Sear 3 minutes.
- Flip **chicken**. Add **yellow onions** to pan around chicken. Stir **onions**. Cook 3 minutes, stirring onions occasionally.
- Add **garlic** to pan around chicken. Cook 1 minute, stirring onions and garlic frequently.

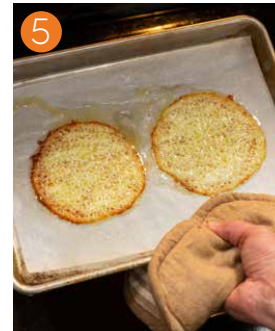
4 ROAST CHICKEN & ONIONS

- Remove pan with chicken and onions from heat. Add **vegetable broth and white wine vinegar** and 2 tablespoons water. Stir to combine.
- Transfer pan to oven. Cook 12-14 minutes, or until chicken is fully cooked and liquid has mostly reduced. (Chicken is fully cooked when internal temperature reaches 165 degrees.)
See Step 6 to finish.



5 MAKE FRICOS

- Make two piles of **mozzarella cheese** on a second, parchment paper-lined baking sheet.* Gently press to flatten.
- Transfer baking sheet to oven. Roast 7-8 minutes, or until fricos are browned and crispy.
- Let **fricos** cool for about 5 minutes. Roughly chop cooled **fricos**.
**Another Option: If you don't have parchment paper, use a silicone baking mat or a well-oiled foil-lined baking sheet instead.*



6 MAKE PAN SAUCE

- Transfer **chicken** to cutting board. (**Careful! Pan handle is hot!**) Add **butter** and **roasted red peppers** to pan with onions. Stir until butter melts. Salt and pepper to taste.*
**Careful! The pan handle will remain hot after the pan is removed from the oven. Slide a silicone pan handle cover (or a pot holder) over the handle to protect your hands.*

7 PLATE YOUR DISH

- Divide **roasted broccoli** between plates. Spoon **basil pesto** over broccoli. Sprinkle **mozzarella fricos** over top. Place **Italian chicken** next to veggies. Spoon **pan sauce** over chicken.
- Enjoy!

