



Chicken Thighs with Artichokes and Lemon

YIELD: 3 Servings

WHY THIS RECIPE WORKS

If you like the flavor combination of artichoke and lemon this easy chicken thigh recipe is for you. It is best enjoyed over rice or pasta.

INGREDIENTS:

- 6 skinless boneless chicken thighs (If desired you can use bone in and or with skin on)
- 3 tablespoons olive oil
- 1 medium sweet onion chopped
- ½ teaspoon saffron (more if you like)
- 1 tablespoon parsley, chopped
- 4 cloves garlic, diced
- ½ teaspoon ground cinnamon
- 1 lemon, zested and juiced
- 1 ½ cups chicken stock
- 1 package of frozen artichokes quartered
- Kosher Salt and fresh ground black Pepper

INSTRUCTIONS:

1. Pat chicken dry and season chicken with salt and pepper.
2. In a large skillet warm the olive oil over a medium high heat. Add chicken and cook the first side for 6 minutes to brown. Flip and brown the other side for 5 minutes. Transfer chicken to a plate.
3. Reduce heat to medium and add chopped onion to the pan. Add Kosher salt to sweat the onion and cook until translucent, about 5 minutes.
4. Add saffron, parsley and garlic and cook for one minutes.
5. Add cinnamon, stirring to combine.
6. Add chicken stock and lemon zest to the pan to deglaze.
7. Return chicken to the pan (if using chicken with skin place the chicken skin side up) and nestle the artichokes between chicken thighs. Cover and simmer on a medium low heat for 20 minutes to cook the chicken through.
8. Serve over rice or pasta, placing chicken on top and spooning the sauce.

Enjoy!