

Lemon Chicken with Herbs and Orzo

Adjusted slightly from Pepperplate.com

Internet address:



1 1/2 pounds chicken thighs, skin-on, bone-in, trimmed of excess fat

1 tablespoon mustard, whole grain

1 tablespoon lemon zest (1 teaspoon for rub and 2 teaspoons for sauce)

1 1/2 teaspoons dried oregano

1/2 teaspoon dried thyme

1/4 teaspoon kosher salt

2 tablespoons olive oil (1 tablespoon for rub, 1 tablespoon for cooking)

1/4 cup lemon juice (60 ml)

1 1/4 cups low sodium chicken broth (300 ml)

2 garlic cloves, smashed

1 tablespoon unsalted butter

1 tablespoon cornstarch

1/4 cup water

3/4 pound orzo

Servings: 5

Notes: I used boneless, skinless chicken thighs because that's what I had on hand. So I cooked them on the stovetop (not in the oven as indicated below), covered, for about 20 minutes

1. Heat oven to 400° (200 C).

2. Make rub for chicken. Combine mustard, 1 teaspoon of the lemon zest, oregano, thyme, salt and 1 tablespoon of the olive oil in a small bowl. Use fingers or a brush to coat chicken on both sides with the mustard rub.

3. In another bowl or measuring cup, combine remaining lemon zest (2 teaspoons), lemon juice and the chicken stock. Set aside.

4. Heat remaining tablespoon of oil in a large oven-safe skillet or frying pan over medium heat. Add the smashed garlic then cook about 1 minute or until you can smell toasted garlic and the garlic has browned around the edges. Remove and discard the garlic, but leave the oil.

5. Add chicken, skin-side down into the hot garlic-infused oil and cook 2 to 3 minutes or until the skin has turned golden brown.

6. Turn the chicken over then add the lemon juice/chicken stock mixture. Stir to combine, then bake 25 to 35 minutes or until a thermometer inserted into the thickest part of the chicken reads 175°F (79 degrees C).

7. Remove pan from oven then transfer the chicken to a plate and cover with aluminum foil. You'll have more than a cup of fluid in the pan. Place the pan over medium heat and bring the liquid to a gentle simmer.

8. In a small bowl, combine the cornstarch and water; stir well, then add to the sauce. Stir as it heats - the sauce will thicken slightly. Turn off heat and add butter, stir until melted.

9. PASTA: Cook pasta in salted water until it's just barely done (taste it to make sure it's not over cooked). Drain, then pour into a casserole dish. Add all the chicken on top, then pour the sauce over the top; garnish with Italian parsley. You may have too much sauce - use it for another purpose - just pour enough sauce over the chicken as you think you'll use when served.

Per Serving (excluding unknown items): 576 Calories; 25g Fat (40.1% calories from fat); 30g Protein; 55g Carbohydrate; 2g Dietary Fiber; 97mg Cholesterol; 349mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>