



# SIMPLE, FRESH FARM BOX MEALS

AUG 28, 2023

*Simple recipes so we can eat well & support local agriculture*

## Chicken Thighs with Broccoli & Orzo

### YOU'LL NEED

- 4 chicken thighs approx. 2lb
- 1½ tsp kosher salt
- ½ tsp black pepper
- 2 tbs extra-virgin olive oil
- 2 tbs unsalted butter
- 1 lemon, thinly sliced and seeds removed
- 12oz broccoli florets - cut small pieces approx. 4C
- 8oz dried orzo - approx. 1 ¼ C
- 1tsp fresh thyme leaves
- 2 garlic cloves - minced
- ½ C dry white wine
- 2 C low-sodium chicken broth

### ALL YOU HAVE TO DO

- Season chicken thighs on both sides with 1 teaspoon salt and ½ teaspoon pepper. In a large, heavy skillet (preferably cast-iron or stainless steel), heat olive oil over medium-high. Cook the chicken, skin-side down, until golden brown, about 7 minutes. Flip and cook until golden on the other side, about 5 minutes more. Transfer chicken to a plate and set aside.
- Decrease heat to medium, add butter and lemon slices, and cook until the lemons release their juices and start to brown, 1 to 2 minutes. Transfer to the plate with the chicken.
- Add broccoli, orzo, thyme, garlic and remaining ½ teaspoon salt to the skillet and stir to coat. Cook, stirring occasionally, until the orzo is lightly toasted and the broccoli is bright green, about 5 minutes.
- Deglaze with the wine and cook until the liquid is mostly absorbed, 1 to 2 minutes.
- Add the broth and lemon slices to the skillet, then add the chicken thighs, skin-side up, along with any liquid from the plate. Cover the skillet and continue cooking until the orzo is tender, most of the liquid is absorbed, and the chicken is cooked through, 13 to 15 minutes.
- If you want to add a little texture and crunch to the dish, uncover and continue to cook until browned and crisp on the bottom, 3 to 5 minutes. Serve warm.



*Thank you for supporting local!*

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