

Crispy Garlic Chicken Thighs

Serves 3

Chicken

- 2 chicken thighs
- ½ tsp onion & garlic powder
- ¼ tsp thyme & rosemary
- ¼ tsp salt
- ⅛ tsp black pepper
- pinch of cayenne
- ½ T olive oil, for cooking

Sauce:

- 14 g butter
- 2 cloves minced garlic
- 31 ml white wine (optional)
- 59 ml chicken broth



1. Pat **chicken thighs** dry with paper towel and trim off excess fat.
2. Combine the **onion powder**, **garlic powder**, **dried herbs**, **salt** and **pepper**. Coat the chicken evenly with the combined seasoning.
3. Heat oil a large pan or skillet over **medium heat** and **sear chicken for 5 minutes until golden and crispy**. Flip and cook for a further 2 minutes.
4. Move chicken to the sides of the pan and add **butter** to the middle. Let melt, then add the **garlic** into the butter. Sauté until fragrant, about 30 seconds.
5. Increase heat to **medium-high**. Add the **wine** and **chicken broth**. Scrape up any browned bits from the bottom of the pan with the end of a wooden spoon. Stir chicken around; let liquid simmer until reduced to half, about 2 minutes.
6. When chicken is cooked through, remove from heat. Taste test and season with extra salt and pepper, if needed.
7. Serve immediately with fresh, chopped parsley or herbs.