Garlic Butter Chicken Thighs

Pan-seared thighs with a garlic-butter pan sauce, lemon and parsley.

Prep 20 min | Cook 25 min | Serves 4 | Difficulty: Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 2 tbsp (28 g) butter
- 1 tbsp (15 ml) olive oil
- 5 garlic cloves (15 g), minced
- 1/2 cup (120 ml) chicken stock
- 1 tbsp (15 ml) lemon juice
- 1/2 tsp (3 g) salt
- 1/4 tsp ground black pepper
- 2 tbsp (8 g) chopped parsley

Method

1. Pat thighs dry; season with salt and pepper. Heat oil over medium-high heat in a wide skillet.

2. Sear thighs 5-6 minutes per side, turning once; reduce heat if browning too quickly. Transfer to a clean plate.

3. Lower heat. Melt butter and stir garlic for 30 seconds. Pour in stock and scrape browned bits; return chicken and simmer 3-6 minutes, until the thickest center reaches 165°F (74°C).

4. Remove from heat, stir in lemon juice and parsley and spoon sauce over the chicken.

Doneness

Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

Serving

Serve four portions with separately cooked basmati rice or warm flatbread and cucumber salad.

Storage

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days.

Reheating

Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Use a thermometer to verify safe doneness.