

Garlic Chicken with Lemon-Anchovy Sauce

Serves 2-3, Heat oven to 350

Ingredients:

- 1 ½ lbs boneless, skinless chicken thighs (3-4 thighs)
- 1 t coarse kosher salt
- Freshly ground black pepper
- 6 garlic gloves smashed and peeled
- ¼ c extra-virgin olive oil
- 5 anchovy filets
- 2 T drained capers patted dry
- 1 large pinch chile flakes
- 1 lemon halved
- Fresh parsley for serving

Instructions:

1. Season chicken thighs with salt and pepper and let rest while you prepare the anchovy garlic oil.
2. MINCE: one garlic clove and set it aside for later. In large cast iron skillet, over medium-high heat, add oil. When hot, add 5 smashed whole garlic cloves, anchovies, capers and chile flakes. COOK, stirring with a wooden spoon to break up the anchovies, until the garlic browns around the edges and the anchovies dissolve (3-5 minutes)
3. ADD chicken thighs and cook until nicely browned on one side. (5-7 minutes) Flip the chicken, place iron skillet in oven and cook another 5-10 minutes until the chicken is cooked thru.
4. TRANSFER thighs to a plate when chicken is done (be careful, the pan handle will be hot). Place skillet back on the heat and add the minced garlic and juice of ½ the lemon.
5. COOK for about 30 seconds, scraping up the browned bits on the bottom of the pan. Return chicken to the pan and cook in the sauce for another 15-30 seconds.
6. TRANSFER everything to a serving platter. Squeeze remaining lemon half over the chicken and garnish with parsley.



Linda Honeywill

Associate Broker

Office: 412-847-2697

Linda@HoneywillTeam.com

Cell: 412-736-0112

HoneywillTeam.com

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