

PARMESAN & GARLIC SCAPE CHICKEN THIGHS

with Garlic Scape Pesto
Serves 4



Few & simple ingredients come together for an easy weeknight meal that comes together in less than an hour.

INGREDIENTS

- 4 Bone-In, Skin-On Chicken Thighs
- 1/4c Garlic Scape Pesto
- 1/4c Parmesan Cheese
- 1t Salt
- 1/2t Black Pepper
- 2T Oil that can be used for high heat, Avocado for instance

NOTES:

You can also get outside and make this on the grill! Sear each side and then add the garlic scape pesto just like the oven version.

Taking the chicken out of the oven when it reaches 160°F is slightly low according to ServSafe standards but the chicken will continue to cook after you remove it from the oven and will reach the desired temperature of 165°F. Removing it early prevents over cooking.

DIRECTIONS

1. Pre-heat the oven to 425°F.
2. Take the chicken breasts out of the refrigerator and salt each side. Allow to rest on the counter for 15 minutes while the oven is preheating. This helps the salt to be absorbed by the chicken for better flavor and retained moisture.
3. Heat a large oven safe skillet over medium/high.
4. Once hot, add oil and chicken breasts, skin side down.
5. Sear the chicken until the skin is golden brown and releases naturally from the pan.
6. Flip and sear the other side of the chicken.
7. Top each thigh with 1T garlic Scape Pesto.
8. Move the whole skillet to the oven and bake for 7 minutes.
9. Top the chicken with Parmesan Cheese and finish cooking the chicken in the oven. The internal temperature of the chicken will be 160°F when done.
10. Rest in the skillet for 5 minutes before serving.