

CAJUN GARLIC CHICKEN THIGHS

INGREDIENTS

- 2 tablespoons olive oil
- 4 skinned chicken thighs with bone in and trimmed of fat
- 1 cup diced onions
- 12 medium peeled garlic cloves
- 2 tablespoons all-purpose flour
- 1 cup reduced chicken broth
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

METHOD

1. In a large skillet heat 1 tablespoon olive oil and heat over medium-high heat. Add chicken and sear for 3 minutes on each side. Set aside on a separate plate.
2. Reduce heat to medium and add remaining 1 tablespoon olive oil, onions and garlic and cook for 3 minutes or until onions are translucent, stirring frequently. Set aside with chicken.
3. Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until light brown in colour, stirring constantly. Stir in broth, thyme, salt and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is tender.
4. Place chicken to one side of skillet, and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5 to 7 minutes, or until chicken is tender.

NUTRITION FACTS

| | |
|---------|-----|
| Kcals | 180 |
| Fat | 9g |
| Protein | 18g |
| Carbs | 8g |



RECIPE COURTESY:
RADISSON BLU, CHENNAI