



**Delicious
Recipes**
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One Pan Chicken Cacciatore

INGREDIENTS

- 1 lb chicken thighs, boneless skinless
- 4 tbsp olive oil, divided
- 3 tsp kosher salt, divided
- 2 tsp black pepper, divided
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup dry white wine
- 8 thyme sprigs
- 2 tbsp butter
- 1 medium yellow onion, diced small
- 3 cloves garlic, minced
- 3 bell peppers, assorted colors
- $\frac{1}{2}$ cup green and black marinated olives
- 1 tbsp fresh parsley, finely chopped + more to garnish
- 1 tbsp fresh thyme, finely chopped
- $\frac{1}{2}$ tsp red pepper flakes
- 1 28oz can San Marzano whole peeled tomatoes (smashed into smaller pieces by hand)
- Freshly grated parmesan cheese

DIRECTIONS

1. Pat down chicken thighs and season with salt and pepper.
2. Heat a large skillet and add olive oil.
3. Place chicken skin side down and sear until golden brown. Flip, repeat and when seared on both sides, remove from pan and set aside.
4. Simmer in remaining juices from chicken, add your onions, and garlic. Stir until tender, about 3-5 minutes.
5. Deglaze with white wine and mix until evaporated.
6. Add butter, flour and stir frequently until combined and the flour has an almond brown color.
7. Add your bell peppers and thyme and cook down until tender, about 5-7 minutes.
8. Add your can of tomatoes, olives, parsley, chili flakes, salt, pepper and stir, breaking down
9. Place your chicken thighs back in the pot, place a lid over top and simmer for 10-15 minutes until reduced halfway and the chicken is cooked through.
10. When ready, remove from heat, garnish with fresh parmesan, fresh thyme, fresh parsley and serve.