

Braised Chicken Thighs

with Bell Peppers, Onion & Cheesy Polenta

As an irresistible side for chicken thighs braised with bell peppers and red onion, we're serving up cheesy polenta. A beloved Italian dish (similar to grits), polenta is a delicious porridge made from cornmeal. On its own, it's lightly sweet, but we're stirring in sharp Parmesan and cheddar cheeses to balance the flavor profile. The creamy, savory result perfectly complements the lightly spiced, tart tomato sauce you'll use for the braise.



Ingredients

- 4 Bone-In, Skin-On Chicken Thighs
- 1½ Cups Polenta
- 1 15-Ounce Can Diced Tomatoes
- 3 Garlic Cloves
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 Red Onion
- 1 Bunch Parsley

Knick Knacks

- 4 Tablespoons Butter
- 1½ Ounces Cheddar Cheese
- ½ Cup Grated Parmesan Cheese
- 1 Tablespoon Braised Chicken Spice Blend

(Ground Sweet Paprika, Dried Oregano, Dried Thyme & Whole Fennel Seeds)

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp62

1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the chicken from the refrigerator to bring to room temperature. Peel and thinly slice the garlic and onion. Cut out and discard the stems, ribs and seeds of the bell peppers; thinly slice the bell peppers. Pick the parsley leaves off the stems; discard the stems. Grate the cheddar cheese. In a medium pot, heat **5 cups of water** and a **big pinch of salt** to boiling on high.

2



Brown the chicken:

Pat the **chicken** dry with paper towels and season with salt and pepper on both sides. Season the skin sides with **half the spice blend**. In a large pan, heat a thin layer of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down, and cook 4 to 6 minutes on the first side, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned.

3



Add the vegetables:

Carefully move the chicken to one side of the pan. To the other side of the pan, add the **bell peppers, onion, garlic** and **remaining spice blend**; season with salt and pepper. Cook, stirring the vegetables occasionally, 3 to 5 minutes, or until browned and fragrant.

4



Braise the chicken & vegetables:

Add the **diced tomatoes** and **1 cup of water** to the pan of chicken and vegetables; stir to combine. Reduce the heat to medium and simmer 10 to 12 minutes, or until the liquid is slightly reduced in volume and the chicken is cooked through.

5



Make the cheesy polenta:

While the chicken and vegetables braise, slowly whisk the **polenta** into the pot of boiling water, breaking up any clumps. Reduce the heat to low and simmer, stirring frequently, 10 to 12 minutes, or until thickened. (If the polenta seems dry, gradually add up to ¼ cup of water to achieve your desired consistency.) Remove from heat and stir in the **butter, cheddar cheese** and **Parmesan cheese** until thoroughly combined; season with salt and pepper to taste.

6



Serve your dish:

Transfer the **cheesy polenta** and **braised chicken and vegetables** to serving dishes. Garnish with the **parsley**. Enjoy!