

# Lemon-Parsley Chicken Thighs

*with Squash & Zucchini Salad & Red Quinoa*

We talked with parsley. And it feels a little taken for granted. This delicious herb is everywhere and easy to overlook, but it has a long, amazing history. Among the legends surrounding it, the Greeks believed that Hercules made his garlands from parsley. In European cookery, it's the most popular herb in use today because of its strong, distinct flavor. We've chosen to make amends and highlight it in this succulent dish.



## Ingredients

- 1 Pound Bone-In, Skin-on Chicken Thighs
- 1 Bunch Basil
- 1 Bunch Mint
- 1 Bunch Parsley
- 1 Clove Garlic
- 1 Lemon
- 1 Yellow Squash
- 1 Zucchini
- ½ Cup Red Quinoa
- 2 Tablespoons Pine Nuts
- ½ Cup Feta Cheese, Crumbled

Makes 2 Servings

About 685 Calories Per Serving



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Recipe #136

# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Pick the basil, parsley and mint off the stems; discard the stems and roughly chop the leaves, keeping each separate. Peel and mince the garlic. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Very thinly slice the squash and zucchini on an angle. Pat the **chicken thighs** dry and season with the **lemon zest, parsley, half the garlic, salt and pepper**. Drizzle with olive oil. Let stand to marinate.



## Cook the quinoa:

Once the water is boiling, add the **quinoa**. Cook 18 to 20 minutes, or until cooked through. Drain thoroughly and set aside as you continue cooking.



## Toast the pine nuts:

While the quinoa cooks, heat a large pan on medium until hot. Add the **pine nuts** and toast, stirring frequently, 2 to 3 minutes, or until browned and fragrant. Transfer the toasted pine nuts to a small bowl and set aside. Wipe out the pan.



## Cook the chicken:

In the same pan used to toast the nuts, heat 1 teaspoon of olive oil on medium-high until hot. Add the **seasoned chicken** to the pan, skin side down first, and loosely cover with aluminum foil. Cook 8 to 10 minutes per side, or until browned and cooked through (the juices should run clear). Transfer the cooked chicken to a plate, leaving any drippings in the pan.



## Dress the squash & zucchini:

While the chicken cooks, in a large bowl, combine the **squash, zucchini, mint, toasted pine nuts and half the feta cheese**; season with salt and pepper. Add **the juice of 2 lemon wedges** and a drizzle of olive oil. Toss to thoroughly coat.



## Finish the quinoa & plate your dish:

Heat the pan of reserved drippings on medium until hot. Add the **basil and remaining garlic** and cook, stirring frequently, 30 seconds, or until fragrant. Add the **cooked quinoa** and toast, stirring frequently, 1 to 2 minutes, or until lightly browned. Turn off the heat and stir in **the juice of the remaining lemon wedges**; season with salt and pepper to taste. To plate your dish, divide the **quinoa mixture** and **salad** between 2 plates and top with the **cooked chicken thighs**. Garnish with the **remaining feta cheese**. Enjoy!