

# Seared Chicken Thighs & Roasted Vegetables

with Sauce Grenobloise

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 2

This dish is bursting with the bright flavors of southern France thanks to sauce Grenobloise, a classic sauce named for the city of Grenoble. It starts with a base of brown butter—or butter that has been cooked to develop a deep, nutty flavor—to which capers, lemon juice, and parsley are added. The result is a deliciously rich, briny, tangy topping for our crispy-skinned chicken. To complete the meal, we're roasting cauliflower (yours may be a white, green, orange, or purple variety) and potatoes with shallot and garlic, which turn pleasantly sweet in the oven.



## BLUE APRON WINE PAIRING:

Benziger Sauvignon Blanc, 2015

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## Ingredients



2  
BONELESS,  
SKIN-ON CHICKEN  
THIGHS



2 cloves  
GARLIC



1 head  
CAULIFLOWER



1  
LEMON



10 oz  
YUKON GOLD  
POTATOES



1 bunch  
PARSLEY

## KNICK KNACKS:



2 Tbsp  
BUTTER



1 Tbsp  
CAPERS



1  
SHALLOT



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the garlic; halve each clove lengthwise, then crosswise.
- ☐ Cut out and discard the cauliflower core; cut the head into small florets.
- ☐ Small dice the potatoes.
- ☐ Peel the shallot and quarter lengthwise.
- ☐ Quarter and deseed the lemon.
- ☐ Roughly chop the parsley leaves and stems.



## 2 Roast the vegetables:

- ☐ Place the **garlic, cauliflower, potatoes, and shallot** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast, stirring halfway through, 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven; season with salt and pepper to taste.



## 3 Cook the chicken:

- ☐ While the vegetables roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken, skin side down, and cook, loosely covering the pan with aluminum foil, 6 to 8 minutes on the first side, or until the skin is lightly browned and crispy.
- ☐ Flip and cook 3 to 4 minutes, loosely covering the pan with foil, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate. Carefully drain off and discard any excess oil from the pan.



## 4 Make the sauce:

- ☐ While the vegetables continue to roast, add the **butter** to the pan of reserved fond. Cook on medium-high, stirring frequently and swirling the pan, 1 to 2 minutes, or until golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)
- ☐ Add the **capers** and the **juice of all 4 lemon wedges**. Cook, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thoroughly combined.
- ☐ Turn off the heat and stir in the **parsley**; season with salt and pepper to taste.



## 5 Plate your dish:

- ☐ Divide the **roasted vegetables** between 2 dishes. Top with the **cooked chicken**. Garnish the chicken with the **sauce**. Enjoy!