

Pan-Roasted Chicken Thighs

with Roasted Baby Zebra Eggplants & Fennel Salad

Created by:

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GRAMERCY
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This recipe comes to you from Michael Anthony, a James Beard Award-winner and friend of Blue Apron. The executive chef at New York's iconic Gramercy Tavern, he's inspired by exceptional, seasonal ingredients. We're proud to share his philosophy. In this recipe, you'll be using gorgeous baby zebra eggplants and creating a crunchy, fresh salad using fennel. As a nod to the chef's culinary beginnings in Japan, you'll create a delicious glaze using miso. It's our way of bringing a taste of this New York institution directly to your kitchen.



Ingredients

- ¾ Pound Baby Zebra Eggplants
- 1 Bulb Baby Fennel
- 1 Lemon
- 1 Tomato
- 1 Tablespoon Sherry Vinegar
- ⅛ Teaspoon Aleppo Pepper
- 2 Boneless, Skin-On Chicken Thighs
- 1 Tablespoon Butter
- 1 Tablespoon Honey
- 1 Tablespoon White Miso Paste

Makes 2 Servings
About 525 Calories Per Serving



Instructions

1



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Pick off the fennel fronds (the green, thread-like tops of the plant) and place in a small bowl. Cut off and discard the root and stems of the fennel; thinly slice the bulb. Quarter the lemon and remove the seeds. Cut the tomato into thin wedges. Cut off and discard the stems of the eggplants. Cut the eggplants in half lengthwise; then, using the tip of your knife, carefully score a shallow diagonal crosshatch pattern into the cut sides (do not cut through to the skin).

2



Roast the eggplants:

Place the **cut eggplants** on a sheet pan. Drizzle with olive oil and season with salt and pepper on both sides; arrange the eggplants cut-side up. Roast in the oven 28 to 32 minutes, or until browned and completely tender. Remove from the oven. When cool enough to handle, using a spoon, scoop out the flesh of **half of the roasted eggplants**; discard the skins. (Leave the remaining halves intact.) Roughly chop the scooped-out flesh; then, in a small bowl, combine with **half the vinegar** and a drizzle of olive oil. Season with salt and pepper to taste.

3



Make the salad:

While the eggplants roast, in a medium bowl, combine the **sliced fennel bulb, tomato, Aleppo pepper, half the fennel fronds** (save the rest for garnish) and **the juice of 2 lemon wedges**. Drizzle with olive oil and season with salt and pepper to taste; toss to thoroughly coat. Set aside as you continue cooking.

4



Cook the chicken:

While the eggplants continue to roast, pat the **chicken thighs** dry and season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **seasoned chicken**, skin-side down first, and cook, loosely covering the pan with aluminum foil, 5 to 7 minutes on the first side, then 3 to 5 minutes on the second side, or until browned and cooked through. Transfer the cooked chicken to a plate and set aside in a warm place as you continue cooking. Carefully wipe out any excess oil in the pan, leaving any browned bits (or fond) at the bottom.

5



Make the glaze:

To the **reserved chicken fond** in the pan, add the **miso paste, honey, butter, remaining vinegar** and **¼ cup of water**. Heat over medium, whisking frequently, 5 to 7 minutes, or until well combined and slightly thickened; season with salt and pepper to taste. Remove from heat and set aside in a warm place.

6



Plate your dish:

Spread a thin layer of the **chopped eggplant** onto each plate and top with the **salad, cooked chicken, roasted eggplants** and a couple spoonfuls of **glaze**. Garnish with the **remaining fennel fronds and lemon wedges**. Enjoy!