

Braised Chicken Thighs

with Caramelized Peppers & Onion over Creamy Polenta

Braising is a cooking technique that involves first searing the meat over high heat, then adding liquid to the pan to finish the cooking process. This two-step method allows any toughness to break down, leaving behind juicy, tender meat in a rich and flavorful sauce. While you can braise all year round, this homey comforting dish is especially warming this time of year.



Ingredients

- 4 Cloves Garlic
- 1 Onion
- 1 Bunch Parsley
- 1 Yellow Bell Pepper
- 1 Red Bell Pepper
- 4 Chicken Thighs
- 1 Cup Polenta
- 1/3 Cup Grated Parmesan Cheese
- 1 Cup Chicken Broth

Makes 2 Servings
About 700 Calories Per Serving

Instructions



1

Prepare your ingredients:

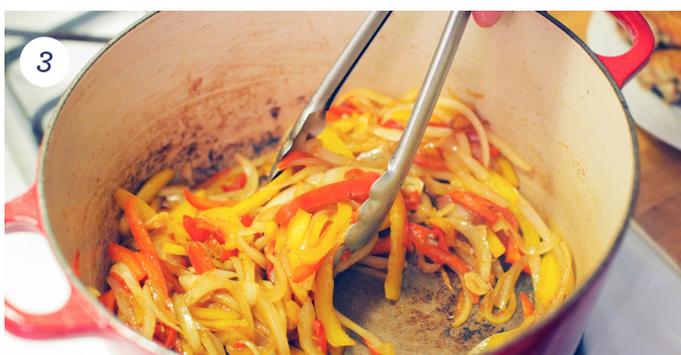
In a medium pot, heat 4 cups of water to boiling on high. Wash and dry the fresh produce. Peel and thinly slice the garlic and onion. Roughly chop the parsley leaves. Thinly slice the peppers.



2

Sear the chicken:

Season the **chicken thighs** with salt and pepper. In a large pot, heat a little olive oil on high until hot. Add the chicken thighs, skin-side down, and cook about 4 to 6 minutes per side, or until golden brown on the outside. Transfer the browned chicken to a plate.



3

Cook the vegetables:

In the same pot used for the chicken, add a little more olive oil and heat it on medium-high. Add the **peppers** and **onion** and season with salt and pepper. Cook about 5 minutes, or until golden brown, stirring occasionally. Stir in the **garlic** and season with salt and pepper. Cook for about 30 seconds, or until fragrant, stirring frequently.



4

Braise the chicken:

Add the **browned chicken thighs** back to the pot with the vegetables, skin-side up. Add the **chicken broth** and **1 cup of water**. Reduce the heat to medium and cover with a lid or aluminum foil. Simmer for about 10 minutes. Then, uncover and simmer about 10 minutes longer, or until the chicken is cooked through and the liquid is slightly thickened and reduced in volume.



5

Cook the polenta:

While the chicken braises, cook the polenta. Slowly whisk the **polenta** into the boiling water. Continue whisking to break up any lumps. Reduce the heat to low and simmer about 10 minutes or until thickened, stirring frequently. (If the polenta seems too thick, you can add about $\frac{1}{4}$ cup of water to thin it out.) Remove from the heat and stir in the **Parmesan cheese** until combined. Season with salt to taste.



6

Plate your dish:

Divide the polenta between 2 plates. Top the polenta with the chicken and vegetables. Garnish with the **parsley**. Enjoy!