Braised Chicken Thighs with Peppers, Onion and Creamy Polenta

Braising is a cooking method that calls for searing meats over a high heat, then adding liquid to the pan to finish the cooking process. This slower method of cooking allows the meat’s tough tissues to break down, leaving you with a rich sauce and tender pieces of meat.

Ingredients

4 Chicken Thighs
1 Yellow Pepper
1 Red Pepper
1 Large Spanish Onion
1 Cup Chicken Broth
1 Cup Polenta
2 Tablespoons Parmesan Cheese
1 Bunch Parsley
4 Cloves Garlic

Serves 2, About 700 Calories per Serving
Instructions

First, put 4 cups of water on to boil. Halve the onion and remove the ribs and seeds from the peppers. Then, julienne, or thinly slice, the onion and peppers. Slice the garlic, then roughly chop the parsley. Set everything aside in small bowls.

Once the water is boiling, whisk in the polenta and reduce to a simmer, seasoning with salt to taste. Simmer on low for about 20 minutes, or until the polenta has absorbed all of the water. You may need to add up to a cup of water as the polenta simmers. Keep an eye on this and stir frequently as you cook, stirring in the parmesan cheese when the polenta is done.

While the polenta is cooking, drizzle some olive oil in a medium pan and turn the heat to high. Season the chicken thighs with salt and pepper to taste, then sear them until they are a deep golden brown on both sides, about 4 minutes per side, then remove them from the pan and set aside. They might not be all the way cooked through, but don’t worry — we’ll finish cooking them later!

Drizzle a little more olive oil in the pan. Sauté the peppers and onions, seasoning with salt and pepper to taste, until they are caramelized. This will take about 5 minutes. Then, add the garlic.

Next, add the chicken thighs back into the pan skin-side up with the peppers and onions. Then, pour the chicken stock into the pan, along with up to a cup water. Reduce the heat to medium, cover, and simmer for about 20 minutes, or until the chicken is cooked through.

Divide the polenta between two plates, then add the chicken, onions, and peppers. Sprinkle the chopped parsley over the top, and enjoy!