

# LEMON GARLIC BUTTER CHICKEN THIGH AND GREEN BEAN SKILLET

Preparation: 10 minutes | Cooking: 20 minutes | Servings: 3

## INGREDIENTS

3-6 skinless, boneless chicken thighs  
4 garlic cloves, minced  
1 pound green beans, trimmed  
Juice of 1/2 lemon, plus lemon slices for garnish  
1/2 cup chicken stock  
1/2 cup fresh chopped parsley  
3 tablespoons butter, divided  
1 tablespoon hot sauce (or Sriracha)  
1 teaspoon paprika  
1 teaspoon onion powder  
1/4 teaspoon salt and fresh cracked black pepper  
1/4 teaspoon crushed red chili pepper flakes (optional)



## INSTRUCTIONS

In a small bowl, combine onion powder, paprika, salt and pepper. Season chicken thighs generously with the spice mixture. Set aside while you prepare green beans. Arrange green beans in a microwave-safe dish with 1/2 cup water. Cook in the microwave for 8-10 minutes, until almost done but still crisp. Melt 2 tablespoons butter in a large skillet over medium-low heat. Lay the seasoned chicken thighs in one layer in the skillet. Cook for 5-6 minutes and then flip and cook for another 5-6 minutes, until cooked through and a thermometer displays 165° Fahrenheit. If chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate, and set aside. In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, crushed red chili pepper flakes and pre-cooked green beans. Cook for 4-5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock. Reduce the sauce for a couple of minutes until slightly thickened. Push green beans to the side, and add cooked chicken thighs back to the pan. Reheat quickly. Adjust seasoning with pepper, and serve the lemon garlic butter chicken thighs immediately, garnished with more crushed chili pepper, fresh parsley and a slice of lemon if you like.