

# LEMON-GARLIC BUTTER CHICKEN AND GREEN BEANS SKILLET

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

## INGREDIENTS

3-6 skinless, boneless chicken thighs  
4 garlic cloves  
1 pound green beans, trimmed  
Juice of 1/2 lemon  
1/2 cup chicken stock  
1/2 cup fresh chopped parsley  
3 tablespoons butter  
1 tablespoon hot sauce

1 teaspoon paprika  
1 teaspoon onion powder  
1/4 teaspoon salt and black pepper  
1/4 teaspoon crushed red chili 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 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 another 5-6 minutes, until cooked through and a cooking thermometer displays 165 degrees Fahrenheit. If chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer to a plate, and set aside. In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped green beans, and cook for 4-5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock, and reduce the sauce for a couple minutes, until slightly thickened. Push green beans to the side, add cooked chicken thighs back to the pan and reheat quickly. Adjust seasoning with pepper, and serve immediately, garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like.