

One Pan Citrus Chicken & Vegetables in Parsley-Spinach Garlic Sauce

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 35 minutes

Windy Meadows Family Farm Boneless Chicken Thighs, thawed
Gundermann Acres or & J B Farms Cabbage, washed, core removed
Engel Farms Butternut Squash
Farmhouse Kitchen Citrus Sauce, stirred well before use
Farmhouse Kitchen Parsley-Spinach Garlic Sauce
Sea salt and fresh cracked black pepper
Olive or vegetable oil

STEP 1 Prepare the vegetables. Chop the cabbage into thin ribbons, about ¼” thick and set aside. Cut the stem off of the butternut squash using a heavy knife and cut the squash in half lengthwise. Scrape out the seeds and membrane. Cut the squash into 2” half moons, turn the pieces on their side to stabilize them on a flat surface, and then remove the rind by shaving in a downward motion toward your cutting board. Alternatively, remove the hard rind from the whole squash with a sharp vegetable peeler. Cut each butternut squash into ¼” cubes and set aside.

STEP 2 Place a large cast iron skillet or high-sided saute pan over medium heat. As the pan is heating, pat the chicken dry with paper towels. Liberally season both sides of the chicken with salt and pepper. When the pan is hot, add 2 tsp. oil. Swirl the pan to coat the bottom and then lay the chicken pieces skin side down. Allow the chicken pieces to gradually brown without moving. The skin will render out fat and will become crispy, about 10 minutes. Flip the chicken over and continue cooking for 5 minutes or until the chicken, when measured at the thickest part, reaches 165°F. Transfer the chicken to a large, clean plate and tent loosely with foil.

STEP 3 Return the skillet with chicken fat to the stove and increase the heat to medium-high. Add the butternut squash and ½ tsp. of salt and pepper. Add 1-2 tsp. oil, if the pan appears dry. Cook, stirring occasionally, until the squash is lightly browned, about 5 minutes.

STEP 4 Add the cabbage to the squash. Stir to combine. Reduce heat to medium and cover. Continue cooking, stirring occasionally, until the cabbage is tender and lightly browned around the edges, about 7-10 minutes. Add the parsley-spinach garlic sauce and toss to coat. Season with salt and pepper to taste. Transfer the cabbage and squash to serving plates.

STEP 5 Return the skillet to the stove and reduce heat to medium. Add in the citrus sauce and bring to a simmer, about 2-3 minutes. Turn off heat. Season with salt and pepper to taste.

STEP 6 Add the crispy chicken thighs, skin side up, to the serving plates on top of the sauteed cabbage and squash. Drizzle the chicken with citrus sauce. Enjoy!