

## Crispy Chicken Thighs with Spring Vegetable Stir Fry in Green Garlic Citrus Sauce

**2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes**

Windy Meadows Family Farm Boneless Chicken Thighs, thawed  
J & B Farms Green Beans, washed, ends trimmed  
Kitchen Pride Mushrooms, washed immediately before use  
Joe's Microgreens Sunflower Sprouts, washed and dried  
Farmhouse Kitchen Daikon & Carrot Pickles  
Farmhouse Kitchen Green Garlic Citrus Stir Fry Sauce, thawed and stirred well before use  
Sea salt and fresh cracked black pepper  
Olive or coconut oil, or ghee

**STEP 1** Place a large cast iron skillet or saute pan over medium heat. While the pan is heating, pat the chicken thighs dry with paper towels and season both sides with salt and pepper. When the pan is hot, add 2 tsp. oil and add the chicken thighs skin-side down. The chicken skin will gradually render fat and become golden brown and crisp, about 10 minutes. Flip the chicken over and continue cooking for 5-8 more minutes, or until the internal temperature, when measured at the thickest part of the largest piece of thigh, measures 165°F. Transfer the chicken thighs to a clean plate. Do not discard the chicken fat.

**STEP 2** While the chicken is cooking, prepare the vegetables. Quarter or halve the mushrooms, depending on size. Chop the green beans into approximately 2" pieces. Set the vegetables aside until the chicken is finished cooking.

**STEP 3** Return the skillet that was used to cook the chicken to the stove and adjust heat to medium-high. There should be about 2 tbsp. of fat in the pan in which to saute the vegetables. Add additional fat, if needed. Add the green beans to the skillet. Cook, stirring occasionally, for about 5 minutes. Add mushrooms and stir. Continue to saute for 5 minutes until the mushrooms are lightly browned and the green beans are crisp tender. Reduce the heat to medium-low and carefully pour in the green garlic citrus stir fry sauce. Stir to coat the vegetables and then nestle the chicken thighs in the sauce, skin-side up to rewarm. Simmer for 5 minutes or until the sauce reduces by about a quarter. Season with salt and pepper to taste.

**STEP 4** To serve, add a portion of stir fried vegetables to serving plates. Top with crispy chicken thighs. Drizzle the chicken with green garlic citrus sauce and top with sunflower sprouts. Enjoy!