

## Herb-Dijon Chicken Thighs with Kale & Mushrooms

**2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30**

Windy Meadows Boneless Chicken Thighs, thawed  
Farmhouse Kitchen Herb-Dijon Pan Sauce, thawed  
Kitchen Pride Mushroom Farms Crimini Mushrooms, wipe with a damp paper towel just before use  
Gundermann Acres Curly Kale, woody stems removed, washed  
Johnson's Backyard Garden Fennel, green stems removed, washed  
Olive Oil or Ghee  
Salt and Pepper

**STEP 1** Prepare the vegetables for sauteing. Cut the root end off the fennel and slice on the bias into thin pieces about 1/4" thick. Set aside. Strip the large woody stems from the kale and discard. Roughly chop the kale leaves into about 1-2" pieces. Set aside. Cut the washed mushrooms into 1/2" thick pieces. Set aside.

**STEP 2** Pat the chicken thighs dry with paper towels and season both sides liberally with salt and pepper. Place a large cast iron skillet or saute pan over medium heat. Add 1 tbsp. oil to the pan and lay the chicken thighs, skin side down. The chicken skin will gradually render fat and become golden brown and crisp, about 10-12 minutes. Flip the chicken over and continue cooking for 7-10 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 paper towel lined plate. Do not discard the chicken fat.

**STEP 3** Return the pan to medium heat. Add the mushroom slices, saute for 3-4 minutes. Add the sliced fennel and saute for 3-4 minutes. Finally add the chopped kale, and saute for 3-4 minutes or until just wilted. Add the herb-dijon pan sauce to the pan and bring to a simmer. Allow the sauce to reduce by a third, approximately 2 minutes. Nestle the chicken thighs in the vegetables, skin-side up, to rewarm for approximately 3-5 minutes.

**STEP 4** To serve, spoon a portion of the vegetables on to the serving plates. Top with crispy chicken thighs. Drizzle any remaining herb-dijon pan sauce over the chicken thighs. Enjoy!

## Herb-Dijon Chicken Thighs with Kale & Mushrooms

4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Windy Meadows Boneless Chicken Thighs, thawed  
Farmhouse Kitchen Herb-Dijon Pan Sauce, thawed  
Kitchen Pride Mushroom Farms Crimini Mushrooms, wipe with a damp paper towel just before use  
Gundermann Acres Curly Kale, woody stems removed, washed  
Johnson's Backyard Garden Fennel, green stems removed, washed  
Olive Oil or Ghee  
Salt and Pepper

**STEP 1** Prepare the vegetables for sauteing. Cut the root end off the fennel and slice on the bias into thin pieces about 1/4" thick. Set aside. Strip the large woody stems from the kale and discard. Roughly chop the kale leaves into about 1-2" pieces. Set aside. Cut the washed mushrooms into 1/2" thick pieces. Set aside.

**STEP 2** Pat the chicken thighs dry with paper towels and season both sides liberally with salt and pepper. Place a large cast iron skillet or saute pan over medium heat. Add 2 tbsp. oil to the pan and lay the chicken thighs, skin side down. The chicken skin will gradually render fat and become golden brown and crisp, about 10-12 minutes. Flip the chicken over and continue cooking for 7-10 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 paper towel lined plate. Do not discard the chicken fat. (**NOTE:** You may need to cook chicken thighs in multiple batches)

**STEP 3** Return the pan to medium heat. Add the mushroom slices, saute for 3-4 minutes. Add the sliced fennel and saute for 3-4 minutes. Finally add the chopped kale, and saute for 3-4 minutes or until just wilted. Add the herb-dijon pan sauce to the pan and bring to a simmer. Allow the sauce to reduce by a third, approximately 2 minutes. Nestle the chicken thighs in the vegetables, skin-side up, to rewarm for approximately 3-5 minutes. Season with salt and pepper to taste.

**STEP 4** To serve, spoon a portion of the vegetables on to the serving plates. Top with crispy chicken thighs. Drizzle any remaining herb-dijon pan sauce over the chicken thighs. Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Boneless Chicken Thighs - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Herb-Dijon Pan Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: chicken stock, dijon mustard, dried mushroom, roasted garlic, Patty's Herbs rosemary, Patty's Herbs parsley, Rain Lily Farm bay leaf, G & S Groves meyer lemon juice, salt)

Crimini Mushrooms- Store in the refrigerator in the bag in which they came. Use within 5 days.

Curly Kale - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Fennel - Store in the crisper drawer of the refrigerator. Use within 5 days.

**\*\*Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.  
\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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