

GARLIC BUTTER CHICKEN THIGHS WITH SPINACH



Moderate



40 minutes



Main



04 Servings

INGREDIENTS

6 chicken thighs
2 teaspoons olive oil
2 tablespoons butter
6 cloves garlic, finely diced
1 small onion, diced
½ cup stock
½ cup crispy bacon, chopped
1 cup milk
¾ cup single cream
1 bag baby spinach leaves
salt and fresh cracked pepper
1 teaspoon Italian seasoning
½ cup fresh grated parmesan
crushed chili pepper flakes,
optional
1 teaspoon cornflour mixed with
1 tablespoon of water



COOKING STEPS

Heat the oil in a large pan over medium heat. Season the chicken thighs on both sides with salt and pepper and sear in the pan for 5-8 minutes on each side, or until cooked through. Once cooked, remove chicken from the pan and set aside.

Melt the butter in the remaining cooking juices leftover in the pan. Add in the onion and garlic and fry until fragrant (about one minute). Pour in the stock and allow to reduce down slightly. Add the crispy bacon and fry for 1-2 minutes to release the flavours.

Reduce heat to low, add the milk and cream and bring to a gentle simmer, while stirring occasionally. Make sure to lower the heat to avoid the sauce separating. Add Italian seasoning and season with salt and pepper to your taste. Add in the spinach leaves and allow to wilt in the sauce and then add in the parmesan. Allow sauce to simmer for a further minute until cheese melts through the sauce.

Add the cooked chicken back into the pan; sprinkle with chili pepper flakes (if using), and spoon the sauce over each chicken thigh.

Serve over pasta or rice or with potatoes and vegetables of your choice.