



Braised Chicken Thighs with Fennel

U.S.

4 each	Chicken Thighs, skinless
1/8 tsp	Kosher salt
To taste	Black pepper, ground
2 Tbsp	Olive Oil
1 each	Fennel bulb, sliced
8 oz	Mushrooms, sliced
3 each	Shallot, sliced
4 cloves	Garlic, minced
1 1/2 cup	White wine
4 cups	Chicken stock
1 each	Lemon, juiced and zested
2 sprigs	Thyme, fresh
1 ounce	Kalamata olives, chopped
2 Tbsp	Parsley, chopped, stems reserved
1 Tbsp	Butter, unsalted

Metric

4 each
0.75 g
To taste
15 mL
1 each
28.25 g
3 each
4 cloves
300 mL
950 mL
1 each
2 sprigs
14 g
8 g
15 g

Preparation:

1. Gather all ingredients and equipment.
2. Trim excess fat from chicken thighs and season with salt and pepper.
3. Heat large saute pan over high heat and add the oil to the pan.
4. When oil is hot add the chicken thighs to pan and sear until golden brown on each sides, about 3 minutes per side.
5. Remove the chicken from the pan.
6. Add fennel to the pan. Saute until golden brown, about 5 minutes. Add mushrooms, shallots, and garlic and saute for an additional 1-2 minutes.
7. Add white wine to the pan to deglaze. Scrap the bottom of the pan with a wooden spoon.
8. Return chicken to the pan and add chicken stock, lemon juice, lemon zest, tyme sprigs, olives, and parsley stems.
9. Cover pan and bring to a simmer and cook for 12-15 minutes until the internal temperature of the chicken reads 165°F and is fork tender. Remove herb stems.
10. Stir butter into sauce until melted and garnish with chopped parsley.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1 cup**

Amount per serving

Calories **360**

Calories from Fat 160

Total Fat 18 g

 Saturated Fat 4.5 g

 Trans Fat 0 g

 Monounsaturated Fat 8 g

Cholesterol 80 mg

Sodium 390 mg

Total Carbohydrate 16 g

 Dietary Fiber 3 g

 Total Sugars 4 g

 Includes 0 g Added Sugars

Protein 21 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 337 mg

Phosphorus 68 mg
