



JERNEJ KITCHEN

OVEN-BAKED CHICKEN THIGHS WITH CARROTS

Oven-Baked Chicken Thighs with Carrots is a simple recipe for a tasty main dish. Juicy, tender meat coated in light carrot and pinenut sauce.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	15	MINUTES
BAKE:	30	MINUTES
TOTAL TIME:	55	MINUTES

CHICKEN THIGHS WITH CARROTS

6 chicken thighs (bone-in, skin-on)
(900g or 2 pounds)

1/2 tsp ground coriander

1/4 tsp paprika powder

1 tsp thyme

1 tbsp olive oil (marinade)

2 tbsp olive oil (for cooking)

4 large carrots

85 ml (1/3 cup) white wine
(Chardonnay)

6 garlic cloves

1 onion

1 bay leaf

1 sprig of thyme

240 ml (1 cup) chicken stock or
water

1 tsp chopped parsley (to serve)

1 tsp olive oil (for pinenuts)

2 tbsp pinenuts

SEASON THE MEAT

Preheat the oven to 190 °C / 375 °F. Place a rack in the middle of the oven. Add the chicken to a bowl. Season with salt, pepper, ground coriander, paprika powder, thyme, and olive oil. Rub the seasoning into the meat and set aside.

TIP

Feel free to make this step one day ahead. Keep the meat chilled in the fridge.

PAN-FRY THE MEAT

Place a large cast-iron skillet or another oven-safe skillet over medium-high heat. Add the olive oil and chicken thighs, skin-side down. Pan-fry for 6-7 minutes, then turn and cook on the other side for 3 - 4 minutes. Transfer the chicken to a plate. Save one tablespoon of the leftover fat from the skillet, and discard the rest.

ADD THE VEGETABLES AND WINE

Place the same skillet back over high heat. Add the wine and cook for a minute for the alcohol to evaporate. Add the peeled garlic cloves, larger chunks of carrots, and peeled and quartered onion. Also, add the leftover chicken fat from cooking. Stir to combine and cook for another 2 - 3 minutes. Place the chicken thighs on top of the vegetable. Pour in the chicken stock or water.

BAKE AND SERVE

Transfer the oven-safe skillet to the oven. Bake for 30 - 35 minutes or until the carrots cook, and the chicken thighs are crispy and golden-brown. While the meal is finishing off in the

TOOLS AND EQUIPEMENT

bowl

large cast-iron skillet

kitchen knife

cutting board

oven, toast the pinenuts. Place a small skillet over medium heat. Add the oil and pinenuts. Toast for a couple of seasons for the pinenuts to become golden-brown and smell divine. Carefully remove the chicken from the oven using protective kitchen gloves at all times because the skillet is hot. Sprinkle the pinenuts over the chicken thighs along with the chopped parsley. Serve with your favorite side dish and enjoy.