

Skillet Supper #1: Pan Roasted Chicken Breasts With Potatoes

YOU'LL NEED

Chicken breasts, split, bone-in, 4
Salt and black pepper
Olive oil, 6 tbsp.
Red potatoes, cut into 1 inch wedges, 5
Lemon juice, fresh, 2 tbsp.
Garlic, minced, 1 clove
Thyme, fresh, minced, 1 tsp.
Red pepper flakes, pinch

DIRECTIONS

1. Get ready 12 inch nonstick skillet, microwaveable bowl and baking dish for oven.
2. Heat oven to 450° with rack at lowest position.
3. Pat chicken dry with paper towel.
4. Season chicken with salt and pepper.
5. Place 1 tbsp. olive oil in skillet over medium high heat until oil is just smoking.
6. Add chicken, browning skin side for 5 minutes.
7. In microwave safe bowl put 1 tbsp. oil, ½ tsp. salt, ¼ tsp. pepper.
8. Add potatoes. Shake bowl around to cover potatoes.
9. Cover bowl tightly with plastic wrap.
10. Microwave on high for 6 minutes, shaking bowl once to cover with oil, salt, pepper, without removing plastic wrap.
11. Transfer chicken from skillet to baking dish, skin side up.
12. Bake 20 minutes.
13. While chicken bakes, pour grease off from skillet.
14. Add 1 tbsp. oil to skillet.
15. At medium heat bring oil in skillet to shimmering.
16. Remove potatoes from microwave.
17. Drain potatoes.
18. Put potatoes in skillet and cook 10 minutes, stirring occasionally.
19. Combine remaining oil, 3 tbsp., lemon juice, garlic, thyme, and red pepper flakes.
20. Whisk to make drizzling oil.
21. Prepare plates – chicken from the oven, potatoes from the skillet and drizzle with the oil.
22. Serve.