

Chicken Cacciatore, Turmeric Arrowroot, and Zucchini Pappardelle

Ingredients:

4 bone-in chicken thighs

Turmeric arrowroot

onion and red pepper

1 clove garlic, peeled

¾ cup crushed tomatoes

herbs

1 tablespoon butter (D)

3-4 large zucchini

Directions:

COOK CHICKEN

Preheat oven to 400 degrees. Pat chicken thighs dry with paper towels. Season with salt and pepper. Place turmeric arrowroot in large bowl. Dredge chicken in arrowroot, making sure to coat completely. Discard remaining arrowroot and wash bowl. Heat about 2 tablespoons olive oil in large sauté pan over medium-high heat. Place chicken thighs in pan, skin-side down. Sear 5-6 minutes.

PREP VEGETABLES

Mince garlic. Destem herbs and rough chop leaves, keeping thyme and parsley separate. Reserve for later.

FLIP CHICKEN

Once chicken skin is crispy and golden brown, use tongs to flip. Cook 3 more minutes. Remove chicken from pan. Drain excess fat, reserving about 1 ½ tablespoons fat in pan.

COOK VEGETABLES

Lower heat to medium. Return pan to stovetop and add butter. Add sliced onion and pepper; stir. Season with salt and pepper. Cook 5 minutes, then add garlic and thyme. Stir and cook 2 more minutes.

ADD STOCK & TOMATOES

Add crushed tomatoes and ½ cup water to pan. Return chicken thighs to pan, skin-side up. Bake 18-25 minutes, depending on thickness of thighs. Chicken should reach internal temperature of 165 degrees.

MAKE RIBBONS

Meanwhile, trim ends off zucchini. Using a peeler, make long, wide zucchini ribbons. Place in clean bowl until chicken thighs are done. When chicken thighs are done, transfer to plate. Add zucchini noodles to pan and bring to a simmer. Cover and cook 2 minutes. Zucchini should be soft and pliable.

PLATE YOUR DISH

Divide zucchini pappardelle with vegetables and pan sauce between plates. Serve 2 chicken thighs on each plate. Garnish with sprinkling of fresh parsley. Enjoy!

Yield: 2 servings

