



### **Crispy Chicken Thighs with Roasted Fall Vegetables**

Light.vegetable\_centric.braised.chicken.dish;

For.the.Chicken;

- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 1/2 teaspoon red pepper flakes
- 6 bone-in skin-on chicken thighs (about 1-1/2 pounds)
- Finely grated zest of 1 lemon
- 2 teaspoons fine sea salt
- 2 Tablespoons avocado or canola oil
- 6 sage leaves

#### **For the Vegetables:**

- 2 medium shallots, cut into rounds
- 1 medium fennel bulb, cut into 1/2 inch thick half moons
- Fine sea salt
- 2 garlic cloves, thinly sliced
- 1 acorn squash, peeled, halved, seeded, cut into 3/4 inch thick half moons
- 2 apples, cored and cut into wedges
- 1 cup chicken stock

- Preheat the oven to 425 degrees F.
- Prep the chicken: In a small skillet, toast the coriander seeds, fennel seeds, and pepper flakes over medium heat until fragrant, 2 to 3 minutes. Transfer to a mortar and pestle; gently crush or transfer to a sheet pan or cutting board and gently crush with bottom of a saucepan.
- In a large bowl, combine the chicken thighs, lemon zest, and crushed spices. Season with 1 teaspoon of the salt and toss to combine, thoroughly massaging the spice mixture into the chicken.
- Heat a large ovenproof skillet over high heat or place a roasting pan across two burners on your stove and add the avocado oil. Season the chicken all over with the remaining 1 teaspoon salt. Give the thighs plenty of room, cooking them in batches if necessary. Place the chicken skin-side down on the pan and sear until golden brown, 2 to 3 minutes. You'll know it's ready when the skin easily releases from the pan. Flip the chicken and cook until the other side is browned, 2 to 3 minutes longer. Transfer the chicken skin-side up to a sheet pan; let rest.
- Cook the vegetables without cleaning out the pan, add the shallots, fennel, and a pinch of salt. Cook over medium high heat, stirring occasionally until the vegetables are softened, about 4 minutes. Add the garlic, squash, and apples and cook, stirring until the vegetables begin to soften, 2 to 3 minutes longer.
- Place the chicken skin side up on top of the vegetables. Add the chicken stock. Bring the liquid to a gentle simmer, then transfer to the oven and roast until the skin is crispy and the chicken is cooked through, the juices should run clear when you cut into the chicken, or the thickest part of the thighs reaches 160 degrees F on an instant read thermometer, 25 to 30 minutes. Remove from the oven, scatter the sage leaves on top, and let rest 5 minutes before serving.
- Arrange the vegetables on a serving platter and top with the chicken thighs. Squeeze the lemon wedge over the chicken, sprinkle with flaky salt, and serve with salad if desired. Yield: 2 to 3 servings

**Recipe from** Chef Gavin Kaysen pp.192-193 cookbook, "At Home"

**Cooking Tip:** Toasting whole spices before you crush or grind them is absolutely necessary, even when recipes don't call for the step. It's a shame that most don't; heat helps the spices release much more flavor and aroma than their untoasted counterparts.

**About the Recipe:** This recipe is a light, vegetable-centric dish made in one pan. It balances crispy, spice-rubbed chicken with sweet and earthy roasted produce. Fragrant toasted coriander, fennel, and red pepper flakes create a warm, aromatic crust on the chicken, while apples, acorn squash, fennel, and shallots bring bright, seasonal sweetness and depth.

This is one of Chef Gavin's frequent weeknight go-to meals because it comes together in about 45 minutes (yeah!) with minimal hands-on time. The high-heat sear followed by roasting delivers professional-level crispy skin while the vegetables braise gently in

chicken stock. It's highly adaptable. We enjoyed swapping in our favorite vegetables or fruits in our recipe testing, adjusting the spices to suit our family's taste.