

## Pan Seared Chicken Thighs with Roasted Asparagus and Broccolini Served with a Romesco Sauce

1 pack of bone in chicken thighs (4 thighs)

1 teaspoon salt (kosher or sea salt)

1 teaspoon Season All (seasoned salt)

1 teaspoon Montreal Chicken seasoning

1 teaspoon black pepper

1 teaspoon paprika

3 Tablespoons Olive Oil

Rinse chicken and remove any excess skin and fat. Season chicken with all ingredients except the olive oil. (You can season the chicken 4-8 hours in advance) Preheat oven to a temperature of 350 degrees. While the oven is preheating take out a frying pan that is universal meaning that you can use it on the stove top as well as in the oven. (Cast iron or stainless steel would work great for this.) Heat the frying pan on the stove test the temperature of the pan using the water drop test. (When you place a drop of water in the frying pan it should move around the pan and disappear in 10 seconds or less.) Once the frying pan is hot add olive oil and swirl around the pan to evenly coat. Add chicken skin side down and sear until the chicken is a nice golden brown. Once that side is golden brown turn the chicken and sear on the second side until golden brown. Place chicken in 350 degree oven for 20-25 minutes or until the chicken reaches an internal temperature of 165 degrees.

### Roasted Broccolini

1 pound Broccolini

2 Tablespoons Olive Oil

1 teaspoon Kosher/Sea salt

1 teaspoon Black Pepper

Rinse and pat dry broccolini. Cut off about an inch of the stalk ( This area may be dry) Season with salt and pepper drizzle with olive oil. Toss and roast in a 350 degree oven for 7-10 minutes.

### Roasted Asparagus

1 pound Asparagus

2 Tablespoons Olive Oil

1 teaspoon Kosher/Sea Salt

1 teaspoon black pepper

Rinse asparagus and pat dry. Cut off the woody portion of the stalk which is normally right above the purple rubber band located at the bottom of the stalk? Season the asparagus with salt and pepper drizzle with olive oil. Place in a 350 degree oven and bake for 7-10 minutes.

#### Romesco Sauce

One 16 ounce jar of roasted red peppers, drained

½ cup raw or roasted almonds (unsalted)

¼ cup oil packed sun dried tomatoes

2 medium to large cloves of garlic peeled

1 Tablespoon sherry vinegar or red wine vinegar

½ teaspoon (SMOKED) paprika

½ teaspoon sea salt to taste

¼ teaspoon cayenne pepper

½ cup extra virgin olive oil

Add all ingredients to blender except the olive. Start blender on low speed until the mixture starts to break down. Slowly start adding olive oil and blend until smooth. (The mixture should be the consistency of peanut butter or hummus.) Taste, add more salt if necessary.