



# Ginger Apricot Chicken

*Recipe serves 4.*

## INGREDIENTS

8-10 skin-on, boneless chicken thighs (about 2.5 lbs, more if bone-in)

kosher salt, to taste

### ***For the Ginger Apricot sauce:***

2 tbsp soy sauce with 4 tbsp water (OR 6 tbsp coconut aminos for Whole30/Paleo OR 3 tbsp tamari with 3 tbsp water for gf)

4 tbsp apricot jam (use fruit juice sweetened no sugar added for Whole30/Paleo)

2 tbsp rice vinegar (sub with a squeeze of lemon juice or apple cider vinegar for Paleo)

$\frac{3}{4}$  tsp grated fresh ginger

1 clove garlic, grated

1-2 Thai red birds eye chilis, thinly sliced (optional)

### ***For serving:***

- *Rice and greens*
- *Cauliflower rice for Whole30 and Paleo*



## METHOD

Lightly season chicken pieces with kosher salt on both sides.

Preheat a 11" cast iron pan over medium-high heat.

Meanwhile, whisk together sauce ingredients and set aside.

Once pan is hot, arrange chicken thighs skin-side down (no oil) in 2 batches so as not to crowd them. Cook for a minute or so to get the fats rendering from the skin, then turn down to medium heat. Continue to cook undisturbed for 8-9 minutes or until most of the fat under the skin is rendered and the skin itself is nicely brown and crispy. Flip chicken over and cook other side for 5 or so minutes, or until juices run clear or meat thermometer inserted into thickest part of the chicken reads 165f. Set aside and repeat for remaining chicken thighs. Set aside.

Once all the chicken pieces are cooked, there is likely quite a lot of chicken fat rendered into the pan. If you like it, feel free to keep the fat as we all know there is lots of flavor in it. Personally, I prefer to keep my home-cooked meals healthier, so I pour out all but a tablespoon of the fat (or mop with a paper towel) before proceeding.

Turn heat down to low and pour the sauce ingredients into the pan. While it simmers gently and thickens a bit, return chicken pieces to the pan and coat on both sides with sauce. Adjust heat down as needed so the sauce doesn't get too thick.

Serve over steamed rice (or cauliflower rice) along with a favorite green veggie such as bok choy or Chinese broccoli (gai lan). Drizzle everything with the extra sauce from the pan. Enjoy!