



Ginger Apricot Chicken { gluten-free, dairy-free, paleo, Whole30 }

Recipe serves 4, assuming 2 thighs per person served with cauliflower rice and side veggies.

INGREDIENTS

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

1 tsp kosher salt, more or less to taste

For the Ginger Apricot sauce:

6 tbsp coconut aminos (OR 3 tbsp tamari with 3 tbsp water if not soy-sensitive OR 2 tbsp light soy sauce with 4 tbsp water if not gluten-sensitive)

4 tbsp apricot jam, fruit juice sweetened no sugar added

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

3/4 tsp grated fresh ginger

1 clove garlic, grated

1-2 Thai red birds eye chilis, thin sliced

For serving: *cauliflower rice and steamed / sauteed veggies.*

METHOD

As soon as you can, season the chicken pieces with the kosher salt on both sides. Ideally at least 15 minutes or longer. Try to get some under the skin, too.

Preheat a 11-12" cast iron pan over medium-high heat.

Meanwhile, whisk together sauce ingredients and set aside.



The pan should be hot now (you want it to be very hot). In 2 batches so as not to crowd them, place 4 chicken thighs at a time into the un-oiled pan, skin-side down. Cook for a minute or so to get the fats rendering out from the skin, then turn down the heat to medium. Continue to cook undisturbed for 8-9 minutes, until most of the fat under the skin is rendered out and the skin itself is nicely brown and crispy. Flip the chicken over and cook the 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.

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 bit 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 and thickens a bit, coat the chicken pieces on both sides with the sauce. Adjust heat down as needed so the sauce doesn't get too thick. Serve over steamed cauliflower rice along with a favorite green veggie - I steamed bok choy here. Drizzle everything with the extra sauce from the pan. So good!

Enjoy xx