

Customer Recipes

Chicken Thighs with Vegetables

You need:

1 bottle of the Fil-Fil marinade for chicken

6 boneless skinless chicken thighs

1 rectangular glass Pyrex dish

Olive oil

Thick chopped veggies (Zucchini, squash, mushrooms, red/green peppers, potatoes or whatever you like)

1. Marinate the chicken thighs for at least an hour before cooking. Use only about 1/4 of the bottle for the marinade. The rest will be used for cooking.
2. Preheat the oven to 450 degrees.
3. Coat the bottom of the Pyrex dish with a light coat of olive oil.
4. Throw your chopped veggies in the pan, spreading them out evenly.
5. Place the boneless, skinless chicken thighs in the pan bottom side up. The reason being is that they will be able to hold more of the liquid and keep the chicken moist.
6. Drizzled more of the Fil-Fil marinade over the chicken. You can use a spoon to spread it out evenly. Make sure the chicken is coated so that you avoid drying out the chicken.
7. Drizzle olive oil over the tops of any exposed veggies.
8. Cook for 40 minutes. 10 minutes before the end of your cooking time, take the dish out of the oven, flip the chicken and coat the top of the chicken for extra flavor. Place back in the oven for the last 10 minutes.
9. Let rest for at least 5 minutes before serving.

Serve over a bed of brown rice. Drizzle the olive oil/marinade dripping from the bottom of the pan over the veggies and chicken. It looks like something that you paid a fortune for at a restaurant and tastes out of this world. This meal is well paired with a dry white wine or limeade.