HEALTH PROMOTION 19 Wing Comox

Skillet Rosemary Chicken

An even older symbol of love and remembrance is the herb, rosemary



Ingredients

3/4 pound small red-skinned potatoes, halved, or quartered if large

2 teaspoons Kosher salt, plus extra salt for cooking

2 sprigs fresh rosemary, plus 1 tablespoon leaves

1 clove garlic, smashed Pinch of red pepper flakes Juice of 2 lemons (squeezed halves reserved)

2 tablespoons extra-virgin olive oil 4 skin-on, bone-in chicken breasts (6 to 8

ounces each)

10 ounces cremini mushrooms, halved

Directions

1. Preheat the oven to 450 degrees F. Cover the potatoes with cold water in a saucepan and salt the water. Bring to a boil over mediumhigh heat and cook until tender, about 8 mins; drain and set aside.

2. Pile the rosemary leaves, garlic, 2 teaspoons salt and the red pepper flakes on a cutting board, then mince and mash into a paste using a large knife. Transfer the paste to a bowl. Stir in the juice of 1 lemon and the olive oil. Add the chicken and turn to coat.

3. Heat a large cast-iron skillet over medium-high heat. Add the chicken, skin-side down, cover and cook until the skin browns, about 5 minutes. Turn the chicken; add the mushrooms and potatoes to the skillet and drizzle with the juice of the remaining lemon. Add the rosemary sprigs and the squeezed lemon halves to the skillet; transfer to the oven and roast, uncovered, until the chicken is cooked through and the skin is crisp, 20 to 25 minutes. Serving suggestion: top with chopped parsley.