

# Pan-Roasted Chicken



## INGREDIENTS:

- \* 4 chicken breasts
- extra-virgin olive oil
- kosher salt
- freshly ground black pepper
- 1 teaspoon fresh thyme

## DIRECTIONS:

Up to 24 hours before you plan to eat, and at least 30 minutes prior, dry chicken breasts well with paper towels and sprinkle generously with salt, freshly ground black pepper and minced thyme. Cover and store in refrigerator. Remove from refrigerator 30 minutes before cooking. The more time you allow the chicken to brine, the more seasoned it will taste.

Preheat your oven to 375 degrees.

Add olive oil to a large cast-iron skillet over high heat. Blot chicken dry once again, making sure not to rub off its seasoning. Once the oil is hot, add the chicken skin-side up and sear, undisturbed, for 3 minutes. Turn over and sear for another 2 minutes. Transfer the skillet to the oven and roast, still skinside down, for 15 minutes. Remove from oven and serve.



PREP TIME  
**15 MINS**



COOK TIME  
**20 MINS**



SERVES **4**

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