



## Chicken Bonne Femme with Roasted Okra

Healthier option for a traditional Creole dish. Store in fridge, covered for up to 5 days.

<u>U.S.</u>		<u>Metric</u>
6 each	Chicken Thigh, skinless, bone-in	6 each
1 tsp	Salt, kosher	3 g
1 tsp	Pepper, black, coarse	3 g
1 tsp	Garlic Powder	3 g
4 each	Potato, russet, medium	4 each
25 each	Okra, fresh	25 each
1 Tbsp	Vegetable Oil	15 mL
3 Tbsp	Olive Oil	45 mL
2 tsp	Balsamic Vinnegar	10 mL
6 ounces	Persillade (recipe below)	177 mL

### *For Persillade:*

1 bundle	Parsley, Fresh	1 bundle
3 cloves	Garlic	3 cloves
1 cup	Milk, 1%	3 cloves
1 Tbsp	Olive Oil, Extra Virgin	15 mL
1 tsp	Pepper, Black, Ground	3 g
1 each	Lemon	1 each

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C)
2. Season Chicken Thighs with Salt and Pepper, mainly on the skin side
3. Brown chicken thighs, skin side down in a cast iron skillet on medium high heat. Brown until skin is crispy
4. Slice one Potato into thin medallions
5. In a bowl, add potato slices and Vegetable oil. Mix until potato slices are evenly coated
6. Once the chicken thighs are browned and skin is crispy, remove from skillet and place onto a sheet pan, skin side up
7. If there is room on the sheet pan, add potato slices around Chicken Thighs. If no room is available, arrange Potato Slices on another sheet pan in a single layer
8. Combine 2 Tbls Olive Oil and Balsamic Vinegar with Okra in a mixing bowl and toss until well coated.
9. Arrange okra onto a sheet pan in an even layer
10. Place Chicken Thighs, Potato Slices and Okra in a preheated oven for 20 minutes or until Chicken is cooked and Potatoes are golden and crispy. Okra will be firm, but not crispy
11. While the Potato Slices and Chicken is cooking, peel and boil the remaining 3 Potatoes until tender.
12. Mash the Potatoes or puree them in a mixer using the dough attachment. Be careful to not overmix the potatoes to prevent the potatoes from becoming to starchy
13. Add Olive Oil, Salt and Pepper to potato mixture and fold with a spatula

14. To serve, scoop approximately 2 ounces of potato mixture onto a plate. Arrange 3 Potato Slices around Potato Mixture. Place 3-5 pieces of Okra in front of the Potato Mixture. Place 1 Chicken Thigh on top of the Okra. With a spoon, drizzle approximately 1 ounce of Persillade over the Chicken Thigh.

**For Persillade:**

1. Gather all ingredients and equipment
  2. Thoroughly chop Parsley
  3. In a sauce or sauté pan over medium heat, add milk and heat until a simmer is reached. Lower heat to low and add garlic. Allow to steep in milk for 20 minutes
  4. Mince or finely chop Garlic
  5. Zest Lemon
  6. In a mixing bowl, combine Garlic, Parsley, 1 oz Olive Oil, Lemon Zest and Lemon Juice from the zested Lemon an mix
  7. Add Black Pepper to taste. Chicken and Potatoes will have Salt and Pepper, so use sparingly for the Persillade
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**Nutrition Facts**

<b>Serving size</b>	<b>1 thigh</b>
<b>Servings</b>	<b>6</b>
<b>Calories</b>	330
Calories from Fat	120
Total Fat	13 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	75 mg
Sodium	202 mg
Carbohydrates	30 g
Dietary Fiber	4 g
Sugars	2 g
Protein	23 g
Vitamin A	6 %
Calcium	35 %
Vitamin C	6 %
Iron	10 %
Phosphorus	112 mg

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