

Milk Chicken Thighs

This is a great recipe if you have extra milk to use up, or if you are at a loss for supper plans. It uses everyday ingredients, and it cooks up supper quick! You can also swap out the boneless skinless chicken thighs for any cut of chicken you have in your freezer- just adjust your cooking times! An added bonus- it doesn't create very many dirty dishes! You can serve this dish with rice, potatoes, or the vegetable of your choice!

Course Main Dish

Cuisine American

Servings

4 PEOPLE

Cook Time

20-25 MINUTES

Ingredients

- 6 King's Poultry Farm Boneless Skinless Chicken Thighs
- 1 cup Whole Milk
- 3/4 cup Chicken Broth
- 1 tsp Cumin
- 1 tsp Dried Thyme
- 2 tbsp Butter
- 1 heaping tbsp Minced Garlic
- Salt & Pepper to Taste
- 1 Bay Leaf
- Zest of Lemon

Instructions

1. Preheat oven to 400 degrees. Season both sides of chicken with salt, pepper, cumin, and paprika.

2. Melt 1 tbsp of butter in an oven safe pan. Brown chicken on both sides until crispy- about 2-3 minutes on each side. Set chicken aside.

3. Add the remaining butter to the skillet and melt. Add in garlic and cook for about 1 minute.

4. Add in milk, broth, thyme, bay leaf, and lemon zest. Bring the mixture to a simmer. Place chicken in pan and put in oven.

5. Cook for 20 to 25 minutes or until internal temperature reaches 165 degrees.

6. Serve and enjoy!

Recipe Notes