Seared Chicken with a Pan Sauce

2 servings

Ingredients

- 2 chicken thighs
- 2 tsp olive oil
- Ground black pepper
- ⅛ cup of onions or shallots, diced very small
- 1 clove of garlic peeled and smashed
- ¼ tsp. dried thyme
- ⅓ cup wine, dry sherry or chicken broth

Directions

1. Pat chicken dry with paper towels and season evenly with the pepper.
2. Heat a skillet over medium-high heat, once hot add oil.
3. Place the chicken thighs in the hot pan and cook through, about 6 minutes per side. Then remove from pan and set aside on a plate.
4. Add onions to the pan and sauté until soft and translucent.
5. Add garlic and thyme to the pan and swirl around for 2 minutes.
6. Add the wine, dry sherry or chicken broth and scrape up all the brown bits from the bottom of the pan. Add the juices from the bottom of the plate the chicken is sitting on. Turn burner on high and continue cooking until half the liquid has evaporated.
7. Pour sauce over chicken on plate.