



PAN-ROASTED  
CHICKEN THIGHS  
*with*  
MIXED LETTUCES,  
GREEN APPLE &  
LEMON CAPER  
VINAIGRETTE

Trefethen

# PAN-ROASTED CHICKEN THIGHS *with* MIXED LETTUCES, GREEN APPLE, & LEMON CAPER VINAIGRETTE



## CHICKEN INGREDIENTS

6 boneless chicken thighs, about  
2 1/4 pounds  
kosher salt & freshly ground black  
pepper  
1 Tbsp vegetable oil

## VINAIGRETTE INGREDIENTS

2 Tbsp capers & juice from jar  
1 tsp lemon zest  
2 Tbsp lemon juice  
6 Tbsp Trefethen extra virgin olive oil

## SALAD INGREDIENTS

2 head of butter lettuce, washed &  
pulled off stem  
2 cup green baby kale  
2 green apples, large dice  
1/4 cup sunflower seeds, roasted &  
salted

## PROCEDURE

1. Preheat oven to 375F. Season chicken with salt and pepper. Heat oil in a large cast-iron or heavy nonstick skillet over high heat until hot but not smoking. Nestle chicken in skillet and cook on high heat for 2 minutes. Reduce heat to medium-high and continue to cook for 5 minutes more. Flip the chicken over and place in oven. Roast for another 5-8 minutes, cooking the chicken all the way through. Remove from oven and let rest in the pan.
2. Place the caper juice, zest, olive oil, and lemon juice into a pint-size mason jar. Mince the capers and add to mason jar also. Put the lid on and shake vigorously to combine. Set aside.
3. Add all salad ingredients to a large mixing bowl. Toss with desired amount of lemon caper vinaigrette. Adjust seasoning as desired with salt and pepper.
4. Place the salad into your favorite bowl and cut the chicken thighs in half and add to salad. Enjoy!

## TREFETHEN WINE PAIRING

***Dry Riesling:** Aromas of orange blossom and jasmine are complemented by fresh notes of green apple and grapefruit. This bright, luscious wine evolves on the palate with flavors of stonefruit and Honeycrisp apple. The beautiful acidity and minerality provide an invigorating finish.*