



One-Pan Garlic-Parmesan Chicken with White Beans + Lemon Zucchini

4 servings

30 minutes

Ingredients

2 cups Fingerling Potatoes (320g - Halved)
 2 tbsps Avocado Oil (Divided)
 600 grams Chicken Thighs (Boneless, skinless)
 1/2 tsp Dried Thyme (or 1 teaspoon fresh thyme leaves)
 1/2 tsp Paprika
 4 Garlic (Peeled + finely chopped)
 2 Zucchini (365g - sliced into 1/2-inch rounds)
 2 cups White Navy Beans (drained + rinsed)
 1 Large Lemon (Zest (1 tbsp) + juice (3 tbsp))
 1 tsp Dijon Mustard
 2 tbsps Parmesan Cheese (Grated)
 2 tbsps Parsley (Finely chopped for garnish - optional)

Directions

- 1 Preheat oven to 425°F (220°C). Toss the halved fingerling potatoes with 1 tablespoon olive oil, salt, and a pinch of black pepper in a medium-sized bowl. Spread cut-side down on a baking sheet lined with parchment paper. Roast for 25-30 minutes, until crisp and golden. No need to flip.
- 2 Meanwhile, place the chicken thighs in a medium bowl and season with thyme, paprika, salt, and a few cracks of black pepper. Massage them (or stir) to season well. If the thighs have unfolded, gently tuck the edges under to help them hold their shape.
- 3 Heat the remaining 1 tablespoon of olive oil in a large skillet (cast iron or stainless steel) over low to medium heat. Add the garlic and sauté for 30 seconds, stirring frequently, just until fragrant. Remove with a slotted spoon and set aside on a small plate to prevent burning.
- 4 In the same skillet, increase the heat to medium-high. Add the chicken thighs, smooth side down, and cook undisturbed for 5-6 minutes. Flip and cook for another 5-6 minutes, or until golden and cooked through. Transfer to a plate and cover loosely with foil.
- 5 While the chicken is resting, reduce the skillet heat to medium. Add the zucchini slices and let them brown for 2-3 minutes per side. Adjust the heat if needed to avoid burning. Stir in the white beans and cook for 1-2 minutes, until heated through.
- 6 While the zucchini is cooking, stir together the lemon zest, lemon juice, and Dijon mustard in a small bowl.
- 7 Return the chicken to the pan and reduce the heat to low. Pour the lemon-mustard mixture over everything, then sprinkle in the parmesan cheese. Remove the pan from the heat and gently stir to coat the chicken and



vegetables evenly.

8

Plate the chicken, zucchini, and white beans with the roasted fingerling potatoes. Spoon over any pan juices and finish with chopped parsley and extra parmesan if desired.

9

If you need more volume and greens, add steamed green beans or asparagus to serve.

Notes

Lightly salt the zucchini slices about 15-30 minutes before cooking to help draw out excess moisture. : This prevents them from going soggy. Slice, sprinkle with salt, and let sit in a colander or on a plate lined with paper towels. Pat dry before adding to the pan.

Fold chicken thighs into shape before searing. : This helps them cook evenly and look more appealing on the plate.

Resist the urge to move the chicken while it sears.: Letting it sit undisturbed creates a deep, golden crust and locks in flavour.

Grated parmesan gives the sauce a rich, savoury finish that feels buttery.: Without needing any actual butter or cream.