



# Garlic and Parsley Stuffed Chicken Thighs

A simple dinner made extra special with yummy stuffing

Serves: 4

Prepare: 15 Minutes

Cook: 20 Minutes

Difficulty: easy

## Ingredients

- 6 [organic chicken thighs](#)
- 2 tbsp olive oil
- 1 onion, peeled and finely chopped
- 2 crushed garlic cloves
- 75g fresh white breadcrumbs
- 1tbsp chopped fresh parsley
- 2 tsp fresh thyme leaves
- 1 lemon (you will need the zest and juice)
- 1 free-range egg yolk
- sea salt
- freshly ground black pepper
- 1-2 tbsp butter

## Method

1. Heat the oven to 180°C
2. Heat the oil in a frying pan over a medium heat. Add the finely chopped onion, crushed garlic and fry for 4 to 5 minutes until golden
3. Place the breadcrumbs, parsley, thyme, lemon zest and lemon juice in a bowl and mix thoroughly
4. Remove the frying pan from the hob and add the garlic, onion and egg yolk to the breadcrumbs, mixing thoroughly. Season with sea salt and freshly ground black pepper
5. Lay the chicken thighs on a board, skin side down, opening them out flat. Fill each thigh with an even layer of the herby stuffing before rolling it up and securing it with a cocktail stick
6. Place the stuffed thighs in the roasting dish, skin side up, and place in the oven for 35 to 40 minutes until golden brown
7. Serve with wilted spinach or shredded seasonal greens and some honey-roast carrots