


Natrel[®]

Chicken thigh tray bake with creamy gravy

This hearty and comforting chicken dish is perfect for Sunday night dinner.


SERVES
4 TO 6 SERVINGS


PREPARATION TIME
15MIN.


COOKING TIME
70MIN.

Ingredients

Chicken Thighs

8-10 chicken thighs

5 or 6 carrots, peeled and cut into 2-inch chunks

1 or 2 lbs red potatoes

1 bulb garlic

2 to 3 tbsp olive oil

4 sprigs rosemary

1 tbsp. fresh chopped thyme

Salt and pepper to taste

Gravy

1 tbsp. corn starch

2 tbsp. Natrel Lactose free 2%

½ cup chicken stock

1 tsp. fresh chopped thyme

1 cup Natrel Lactose free 2%

Preparation

Chicken Thighs

1. Preheat the oven to 375. Line a baking sheet with parchment paper.
2. Cut the potatoes hassle-back style, cutting slits along one side of the potatoes without slicing them all the way through. Place in a large tray pan.



3. Add chicken thighs, carrots, potatoes and garlic to the pan. Drizzle with olive oil. Sprinkle with thyme, salt and pepper and toss.



4. Cook for 1 hour or until chicken is cooked and a knife can easily be inserted into the potatoes.



Gravy

1. Pour the chicken's pan juices into a small saucepan. Add chicken stock and herbs. Bring to a boil.



2. In a small bowl, combine cornstarch and 2 tablespoons of Natrel Lactose Free. Add to the saucepan. Reduce to a simmer and add 1 cup of Natrel Lactose Free. Cook until the sauce thickens, about 5 minutes. Add salt and pepper to taste.