

Recipe

Total Cook Time: 1 hour 15 minutes **Prep:** 15 minutes **Cook on stovetop:** 20 minutes **Bake:** 40-45 minutes **Servings:** 4 people **Meal:** Dinner

Ingredients:

4-5 chicken thighs skin-on bone-in
1 lb of egg noodles
1 cup of water & 2 tsp of Better than Bouillon Base
• OR- 1 & ½ cups of chicken stock
1 ladle-full of pasta water (about ½ a cup)
1 shallot chopped
1 yellow onion chopped
10 cloves of garlic chopped
3-4 oz of sun dried tomatoes chopped
2 tbsp of flour
1 cup of heavy cream (or half and half)
¼ cup of grated parmesan cheese
Chopped fresh italian leaf parsley for garnish
Salt & pepper to taste

Fats for pan:

1 tbsp of canola oil
1-2 tbsp of butter (salted)

Seasoning for chicken rub:

1 tbsp of Italian seasoning
1 tbsp of Lawry's All-purpose seasoning
1 tbsp of garlic powder
Black pepper to taste

How-To:

1. Preheat oven to 400 degrees
2. Begin boiling water for egg noodles. Boil the egg noodles according to the package directions. (You will need to boil the egg noodles before you start your sauce so you have pasta water to add to the dish)
3. Chicken thighs should be room temperature and patted dry of any moisture. Season your chicken with the seasonings for chicken rub. Let them settle into the chicken about 30 minutes before browning.
4. Chop up all of the vegetables into small pieces. Mince your garlic.
5. Add canola or vegetable oil to a skillet with high sides (oven safe skillet) and brown the chicken starting with the skin side down first. Brown about 5 minutes per side and do not mess with it! Leave it to get nice and crispy.
6. Remove the chicken once browned and add all of the vegetables into the same skillet. Add the garlic once the other vegetables are about half way through cooking (once the onions are translucent) sauté all of the veggies until they are golden.
7. Next, add the sun dried tomatoes and sauté another minute.
8. Add the flour and whisk for about 2-3 minutes nonstop.
9. Add the water. Bring to boil then simmer.
10. Add the Better than Bouillon, mix it in, and simmer another minute.
11. Add the heavy cream. Simmer another minute.
12. Add a ladle-full of pasta water (about a ½ cup)
13. Add the parmesan cheese. Once the cheese melts into the sauce, turn the heat to low.
14. Add the chicken back into the pan and all of the juices.
15. Pop the pan into the oven and bake at 400 degrees for 40-45 minutes. Bake uncovered.
16. Remove from the oven and mix up the sauce.
17. Serve the sauce over the egg noodles and top with a piece of the chicken. Garnish each plate with fresh parsley