

Eat The View



Recipes and Tips

Spicy Honey Chicken With Broccoli

4 servings

2 tablespoons olive oil

2 tablespoon honey

2 heaping tablespoons jarred pickled jalapeños, plus 1 to 2 tablespoons of the pickling liquid

1½ pounds boneless, skinless chicken thighs, cut into 1- to 1½-inch pieces
salt

1 small head broccoli, florets cut into bite-size pieces (3 to 4 cups)

In a large bowl, mix together the olive oil, honey and 1 tablespoon pickling liquid. Season the chicken lightly all over with salt, then add to the mixture, tossing to coat.

Heat a (dry) 12-inch cast-iron or heavy skillet with a tight-fitting lid over medium-high until hot. Add the chicken in an even layer and let cook, undisturbed, until the bottoms are golden brown and easily release from the pan, about 7 minutes.

Flip the chicken; let cook, undisturbed, until the chicken has no pink spots on the outside, 2 to 3 minutes more, reducing the heat as necessary to keep it from scorching.

Push the chicken to the sides of the pan, then add the broccoli to the centre. Season the broccoli lightly with salt, cover the skillet and cook until the chicken cooks through, about 2 minutes. Stir to combine, scraping up anything on the bottom of the pan, and cook uncovered, until the broccoli is crisp-tender or to your liking.

Off heat, mix in half the jalapeños, scraping up anything on the bottom. If the pan looks dry, then add 1 tablespoon of pickling liquid (or water, if sensitive to heat). Top with the remaining jalapeños.