



# Seared Chicken Thighs with Creamy Zucchini and Cauliflower Purée

30 minutes | 2 servings

## Find cookware

[aluminum foil](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[grater](#)  
[hand or regular blender](#)  
[measuring cups](#)  
[measuring spoons](#)  
[medium saucepan](#)  
[nonstick skillet](#)  
[stirring spoon](#)  
[tongs](#)

## Grab ingredients

½ medium head	cauliflower
1 lb	chicken thighs, boneless skinless
¼ (8 oz) block	cream cheese
1 oz	Parmesan cheese
1	tomato
1 medium	zucchini squash
	black pepper
	extra virgin olive oil
	Italian seasoning
	salt

## Cook & enjoy

- 1 Preheat a skillet over medium heat.
- 2 While the skillet heats up, pat the chicken thighs dry with paper towels. Season with salt and pepper on both sides.  
1 lb chicken thighs, boneless skinless  
¼ tsp salt  
⅛ tsp black pepper
- 3 Once the skillet is hot, add oil and swirl to coat the bottom. Add chicken to the skillet and pan-fry until cooked through and golden brown, 3-4 minutes per side. Transfer to a plate and loosely cover with aluminum foil. (Reserve skillet with drippings.)  
1 tbsps extra virgin olive oil
- 4 Meanwhile, wash and dry the fresh produce.  
½ medium head cauliflower  
1 medium zucchini squash  
1 tomato
- 5 Fill a medium saucepan with about 1-inch of hot water from the tap; cover and place over high heat.
- 6 Cut the cauliflower head into quarters, then trim off and discard the leaves and thick stem. Roughly chop into bite-sized pieces.
- 7 Once the water in the saucepan is boiling, add cauliflower, reduce heat to medium, and cook until tender, about 10 minutes.
- 8 Meanwhile, halve zucchini lengthwise, then slice crosswise into ¼-inch thick half-moons.
- 9 Small dice tomato.
- 10 Return skillet (with drippings) to medium heat.

11 Once the skillet is hot, add more oil and swirl to coat the bottom. Add the zucchini, tomato, and spices; cook, stirring occasionally, until veggies start to soften, 3-4 minutes.

1 tbsp extra virgin olive oil  
1/4 tsp Italian seasoning  
1/4 tsp salt  
1/8 tsp black pepper

12 While the veggies are cooking, cut cream cheese into small pieces. Finely grate Parmesan.

1/4 (8 oz) block cream cheese  
1 oz Parmesan cheese

13 Add cream cheese, Parmesan, and water to the skillet. Cook, stirring occasionally, until the cheeses melt and combine, 2-3 minutes.

1/4 cup water

14 Return chicken to the skillet with the creamy zucchini and cook, turning to coat, until warmed through, about 2 minutes. Remove from heat.

15 When the cauliflower is done, drain in a colander, and transfer to a blender. Add oil, salt, and pepper; purée until smooth.

1 tbsp extra virgin olive oil  
1/2 tsp salt  
1/4 tsp black pepper

16 To serve, divide cauliflower purée, chicken, veggies, and sauce between plates. Enjoy!