

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 tbsp 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
 - ¼ tsp Italian seasoning
 - ¼ tsp salt
 - ⅛ tsp black pepper
- 12 While the veggies are cooking, cut cream cheese into small pieces. Finely grate Parmesan.
 - ¼ (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.
 - ¼ 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
 - ½ tsp salt
 - ¼ tsp black pepper
- 16 To serve, divide cauliflower purée, chicken, veggies, and sauce between plates. Enjoy!