

## ***Rosemary Sea Salt Cast Iron Chicken***

### **Ingredients:**

- 4 chicken thighs
- 1/4 C olive oil
- 1 onion, peeled and sliced
- 6 small red potatoes, sliced
- 1 small bag of mini carrots
- 2 TBSP fresh rosemary
- 1 1/2 TBSP sea salt
- pepper to season

### **Directions:**

1. Place your chicken on a plate and salt and pepper the chicken thighs, both sides.
2. In cast iron skillet, heat 1/2 of the olive oil over medium heat.
3. Add the rosemary into the skillet.
4. Add chicken thighs and cook for about 5-7 minutes flipping over, cooking on the other side for another 5-7 minutes.
5. Remove the chicken thighs from the skillet. Set aside.
6. Add the sliced red potatoes, onions, and carrots to the skillet.
7. Drizzle olive oil over the veggies. Sprinkle with the sea salt.
8. Add the thighs back on top of the veggies.
9. Cook for additional 20 minutes. Flip the thighs over half way through the cooking time.
10. Remove the skillet from the heat to check the thighs. If done allow the chicken and veggies to rest for 3-5 minutes. If not return to the heat until the thighs are done. Flipping the chicken over half way through the time.
11. Serve and enjoy!