

# Thai Chicken Recipe

## Ingredients

- 4 chicken thighs
- 1 1/2 C. cherry or grape tomatoes
- 2 C. broccoli (chopped)
- 2 C. cauliflower (chopped)
- 2 C. carrots (sliced)
- 2 limes (juiced)
- 1 lime (sliced for garnish)
- 2 tbsp Thai seasoning
- 1 tbsp garlic salt
- 1 tbsp Lawrey Seasoning
- 3 tbsp olive oil

## Directions

1. In a large bowl add your chicken thighs and evenly coat with Thai seasoning, garlic salt and add the juice from one of your limes, cover. Place in refrigerator one hour to marinate.
2. In a cast iron skillet add 3 tbsp. of olive oil and place on your stove top at medium to high heat.
3. Once the pan is hot add your chicken thighs cook on high for 6 minutes until it's a light crispy then rotate and cook for another 6 minutes.
4. Reduce your heat to medium and cook on both sides for an additional 5 minutes each to insure it's completely cooked.
5. Pull the chicken thighs out of the pan and place to the side.
6. Slice your broccoli, carrots, and cauliflower and saute' for 8 minutes on medium tossing often.
7. Now add your tomatoes to the vegetables and continue to sauté' for another 5 minutes.
8. Turn off your heat on your stovetop and place the chicken back in the skillet.
9. Add the juice from the 1 lime and heat for another 5 minutes.
10. Garnish with Limes.