

## Honey Brook Lemon Mediterranean Chicken

**Serves:** 2  
**Prep Time:** 10 Minutes  
**Cook Time:** 30 Minutes

### Ingredients

- 2 bone in, skin on chicken leg quarters – Honey Brook Farms
- 1 Tbspn extra virgin olive oil
- ~2 Tbspns [Mediterranean Spice Blend](#) (or just a little fresh Rosemary would do too)
- Zest of a full lemon
- 1-2 Tbspns or white wine vinegar, white wine or lemon juice
- 1 Tbspn of crushed [Kuzu](#) (or another starch for thickening)

### Directions

Preheat the oven to 400 degrees.

Place a stainless or cast iron skillet (anything that can go in the oven, just not a non-stick pan) on a medium / high heat with the olive oil in the pan to heat up. Pull the chicken skin back and generously rub the seasoning on both sides of the chicken, zest the lemon on the chicken. Pull the skin back on to the chicken, rub with additional seasoning and zest.

Place the chicken skin side down until golden brown, 3 minutes. It shouldn't be difficult to turn over, it shouldn't be stuck to the pan if the crust has formed and is browned. Heat 3 minutes on the other side and then move to the oven for 20 minutes (or 165 degrees in the center of the thickest part of the chicken). In my oven, 20 minutes was perfect.

Take out of the oven, put on a plate, cover with foil and put the skillet back on a medium heat. Add the lemon juice or vinegar or wine to deglaze the skillet and add a little liquid. I then just added a little sprinkle of kuzu as a little thickener. No additional seasoning should be required as it should be quite tasty from the seasoning on the chicken. Just create a little pan sauce for the chicken. You could add a little chicken broth if you want to make a little more, but I find just a little sauce is just the right touch.

Remove as much of the fat floating on top of the sauce and enjoy!

**Lemon Chicken is Now My Go To Chicken! What's Yours?**