



## Chicken Thighs with Green Goddess Sauce

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

4-6 cloves garlic

3 heaping cups of fresh herbs (a mix of parsley, tarragon, dill and basil) plus more for serving

2 teaspoons anchovy paste (or 4 oil packed anchovy fillets)

$\frac{3}{4}$  cup plain Greek yogurt or sour cream

3-4 tablespoons O&V **Tuscan Herb EVOO** (more for serving) \*

2 lemons (divided uses)

Salt and pepper to taste

1  $\frac{1}{2}$  lbs. skinless, boneless chicken thighs

2-3 radishes, sliced thin

1 English cucumber, sliced thin

## Preparation

In a blender, combine the garlic, herbs, anchovy paste, Greek yogurt, 3 tablespoons oil, and the zest and juice of one lemon. Puree until smooth, and season with salt and pepper to taste.

Pour half the marinade into a large bowl and the other half into a serving bowl.

Make shallow slits on the smooth side of the chicken thighs. Season with a little salt and then add to the large bowl with half the marinade. Rub the dressing all over the chicken and allow to marinate for at least one hour on the counter, or refrigerate for up to 12 hours. (if refrigerating, bring to room temperature for 45-60 minutes before grilling)

Heat the grill to medium high, scrape and then oil the grates. Remove chicken from marinade allowing excess to drip back into the bowl (discard the marinade). Grill for 4 -5 minutes on each side until cooked through (use a meat thermometer to check for 165F). Transfer to a platter and let rest for 5 minutes before serving. Alternatively cook in an air-fryer at 400F for 7 minutes on each side

Garnish the chicken with sliced cucumber, sliced radishes, and extra herbs. Drizzle with 1-1½ tablespoons of EVOO and a sprinkle of salt. Serve with wedges of the second lemon to squeeze on as needed and the remaining Green Goddess sauce from the serving bowl to drizzle on.

Serves 4

Active time 25 minutes Total Time: 25 minutes plus time to marinate the chicken

## Notes

\* The **Tuscan Herb EVOO** adds a nice additional layer of herbiness but you can certainly use a high quality [Unflavored EVOO](#).

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Grilled Chicken Thighs, Tuscan Herb EVOO, Unflavored EVOO, Green Goddess Dressing, Fresh Herbs, Anchovy