

CREAMY SHELLS WITH CHICKEN & BROCCOLI

(Adapted from "Classic Cast Iron")

Makes: 4 servings

1 Tbsp	canola oil
3 lbs	bone-in skin-on chicken thighs
2-1/2 tsp	salt, divided
3/4 tsp	ground black pepper, divided
2 bunches	baby broccoli, trimmed and chopped
2 Tbsp	water
2 Tbsp	all-purpose flour
2 Tbsp	Dijon mustard
1 clove	garlic, smashed
1 cup	heavy whipping cream
1 cup	chicken broth
1/2 cup	grated Parmesan cheese
1-12 oz	box orecchiette pasta, cooked according to package directions



1. Preheat oven to 425°.
2. In a 12-inch cast iron skillet, heat oil over medium-high heat. Season both sides of chicken with 2 tsp salt and ½ tsp pepper. Place chicken skin side down in skill. Cook until golden brown, about 5 minutes. Turn chicken over.
3. Bake until a meat thermometer registers 160°, about 20 minutes. Remove chicken from skillet; set aside.
4. In a large microwave-safe bowl, place broccoli and 2 Tbsp water. Cover bowl tightly with plastic wrap. Microwave on high for 2 minutes; drain.
5. Place same skillet over medium heat, whisk in flour; cook for 1 minute. Whisk in mustard and garlic. Gradually stir in cream and broth. Cook, stirring frequently, until mixture has thickened, about 5 minutes. Season with remaining ½ tsp salt and remaining ¼ tsp pepper. Stir in cheese until melted. Remove from heat. Stir in cooked pasta. Add cooked chicken and broccoli to skillet, stirring to coat. Serve immediately.