

Lemon Garlic Butter Chicken & Green Beans Skillet: Easy One-Pan Meal

Looking for a weeknight dinner that's both incredibly flavorful and a breeze to clean up? This



TIME

8-10 min

TEMP

165°F

PRINT

Recipe Card

SAVE

PDF

INGREDIENTS

- 3 - 6 skinless, boneless chicken thighs (about 1.5-2 lbs)
- 1 pound (450g) green beans, trimmed
- 3 tablespoons butter, divided (or ghee for paleo diet)
- 4 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon onion powder
- ... teaspoon salt
- ... teaspoon fresh cracked black pepper
- Juice of 1/2 lemon + lemon slices, for garnish
- 1/2 cup (125ml) chicken stock (low sodium preferred)
- 1 tablespoon hot sauce (we used Sriracha; adjust to taste)
- ... teaspoon crushed red chili pepper flakes, optional
- 1/2 cup fresh chopped parsley

Swaps and Notes:

Chicken Thighs: Boneless, skinless chicken thighs are recommended for their juiciness, but you can use chicken breasts cut into similar-sized pieces; adjust cooking time accordingly to prevent drying out.

Green Beans: Fresh green beans are preferred. If using frozen, thaw them first and cook for a shorter time in the microwave.

Butter/Ghee: Both work beautifully. Ghee will

provide a nuttier flavor and is clarified butter. You can use olive oil, but the butter adds richness.

Garlic: Freshly minced garlic is key for maximum flavor.

Seasonings: Adjust paprika, onion powder, salt, and pepper to your taste. A pinch of dried thyme or oregano could also be added to the chicken rub for more herbaceous notes.

Lemon: Fresh lemon juice and slices are vital for brightness. Don't use bottled lemon juice if possible.

Hot Sauce/Chili Flakes: Adjust the amount of hot sauce and red chili pepper flakes to your preferred level of heat. Omit them entirely for a milder dish.

Chicken Stock: Low sodium chicken stock allows you to control the saltiness of the sauce. Vegetable stock can be substituted.

Fresh Parsley: Adds a lovely fresh finish and pop of color.

Directions:

Prepare Chicken Thighs: Pat the chicken thighs thoroughly dry with a paper towel. You want to remove as much excess moisture as possible; this is crucial for the chicken to brown properly and get a nice sear.

Season Chicken: In a small bowl, combine the onion powder, paprika, salt, and pepper. Rub the chicken thighs generously on all sides with this seasoning mixture. Set the seasoned chicken aside while you prepare the green beans.

Pre-cook Green Beans: Arrange the trimmed green beans in a microwave-safe dish. Add $\frac{1}{2}$ cup (125ml) of water to the dish. Cover and cook in the microwave for 8-10 minutes, or until the green beans are almost done but still slightly crisp (*al dente*). Drain any excess water.

Cook Chicken: Heat a large cast iron skillet (or any large, heavy-bottomed skillet) over medium-low heat. Melt 2 tablespoons of the butter (or ghee) in the hot skillet. Carefully place the seasoned chicken thighs top-side down in the hot skillet. Cook until golden brown, about 5-6 minutes. Then, flip the chicken thighs and cook for another 5-6 minutes on the other side, until they are cooked through. An instant-read cooking thermometer inserted into the thickest part should display 165°F (75°C). If the chicken begins to brown too quickly, lower the heat slightly. Adjust cooking time as needed depending on the thickness of your chicken thighs. Once cooked, transfer the chicken to a plate and set it aside.

Sauté Green Beans & Make Sauce: In the same skillet (don't clean it-those browned bits are flavorful!), lower the heat to medium-low. Melt the

remaining 1 tablespoon of butter. Add the chopped parsley, minced garlic, hot sauce, and crushed red chili pepper flakes (if using) to the skillet. Add the pre-cooked green beans. Cook for 4 to 5 minutes, stirring regularly, until the green beans are cooked to your liking (tender-crisp or softer, depending on preference). Pour in the fresh lemon juice and chicken stock. Increase the heat slightly and reduce the sauce for a couple of minutes, stirring, until it slightly thickens and coats the green beans.

Combine & Reheat: Gently push the cooked green beans to the side of the skillet. Place the cooked chicken thighs back into the pan with the sauce and green beans. Briefly reheat for 1-2 minutes, spooning some of the sauce over the chicken, allowing the chicken to warm through and absorb more of the sauce flavors. Adjust seasoning on the chicken with a final sprinkle of pepper if desired.

Serve: Serve the lemon garlic butter chicken thighs and green beans warm. Garnish with more crushed chili pepper flakes, fresh parsley, and a beautiful slice of lemon if you like. Enjoy this delightful and flavorful meal!

Tips for Success:

Dry Chicken for Sear: Patting the chicken very dry is crucial for getting a nice golden-brown crust, which adds a lot of flavor.

Don't Overcrowd Skillet: Cook chicken in batches if necessary to ensure a good sear rather than steaming.

Cook Green Beans to Preference: The microwave pre-cook ensures they're tender but not mushy. Adjust the final skillet cook time to your desired crispness.

DIRECTIONS

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- 2. Season : Chicken:** In a small bowl, combine the onion powder, paprika, salt, and pepper. Rub the chicken thighs generously on all sides with this seasoning mixture. Set the seasoned chicken aside while you prepare the green beans.
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9. **Don't : Overcrowd Skillet:** Cook chicken in batches if necessary to ensure a good sear rather than steaming.
10. **Cook : Green Beans to Preference:** The microwave pre-cook ensures they're tender but not mushy. Adjust the final skillet cook time to your desired crispness.
11. **Balance of : Flavors:** Taste the sauce after adding lemon and stock. You can add a tiny pinch more salt, hot sauce, or lemon juice to balance the flavors to your liking.
12. **Low : Heat for Garlic:** Be careful when sautéing garlic; it burns quickly and can turn bitter. Keep the heat medium-low.
13. **Serving Suggestions and Pairings:** This Lemon Garlic Butter Chicken and Green Beans Skillet is a complete and flavorful meal on its own. However, it pairs beautifully with light side dishes:
14. Fluffy white rice or quinoa to soak up the delicious sauce.
15. A side of creamy mashed potatoes or roasted potatoes.
16. Crusty garlic bread or a simple dinner roll.
17. A light green salad with a vinaigrette.
18. For other fantastic chicken dishes and flavorful meals, you might also enjoy:
19. **My This :** Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort for another incredibly hearty and flavorful meal.
20. For a lighter chicken option, try my **A :** Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!).
21. **Storage and Leftover Tips:** Leftover Lemon Garlic Butter Chicken and Green Beans Skillet can be stored in an airtight container in the refrigerator for up to 3-4 days. To reheat, gently warm in a skillet over low heat, adding a splash of extra chicken stock or water

to loosen the sauce, or microwave until heated through. Be careful not to overcook the chicken during reheating.

22. More Recipes You Will Love: If you loved the ease, flavor, and one-pan convenience of this dish, you'll find similar satisfaction in these other fantastic recipes:
23. For another flavorful one-pan meal that's always a hit, my [This Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit](#) is a must-try.
24. For another comforting meat dish perfect for a lazy weekend, check out [These Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays](#).
25. And for a super convenient and tasty start to your day, my [This One-Pan Breakfast Bake Will Make You Skip](#) is fantastic.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lemon-garlic-butter-chicken-green-beans-skillet-easy-one-pan-meal/>