

# Balsamic Orange Chicken with Rosemary

Adapted from: Amy Love (*Real Food Whole Health*)

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Total time:** 20 minutes

**Serves:** 6-8



## Ingredients

2 tbsp. coconut oil or ghee  
8 split boneless chicken thighs

2 stems fresh rosemary, leaves stripped and  
chopped

½ cup balsamic vinegar

¼ cup orange marmalade (unsweetened –  
look for 100% spreadable fruit)  
salt and pepper to taste  
orange wedges

## Instructions

1. Season thighs with salt and pepper. Melt coconut oil or ghee in large sauté pan over medium-high heat. Add orange wedges to pan.
2. Add chicken to pan and sprinkle rosemary over the chicken. Brown chicken on both sides and cook through, about 4-5 minutes per side.
3. Remove chicken from pan and add balsamic vinegar to deglaze. It might be a wise idea to have the vent fan on or a window cracked during this step.
4. Scrape up browned bits off the bottom of the pan and then mix in marmalade/orange spread.
5. Add chicken back to pan to coat and serve.
6. Garnish with fresh chopped rosemary if desire and enjoy!