



# pan-roasted orange chicken with corn

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 piece chicken thigh with skin intact, deboned
- 1 orange, cut into wedges
- 4 heap tbsp corn, cooked
- green and red capsicum, bite size chunks
- onion slivers
- 1 tbsp butter
- 1 tbsp oil
- salt, pepper & garlic powder

## Instructions

season the chicken with salt, pepper and garlic powder. heat the butter and oil in a large skillet until the butter is melted. place the chicken in the pan skin side down. lay the orange wedges in the pan and roast together with the chicken on medium heat for 8 minutes. flip the chicken over (making sure there's still oil on the underside) and start cooking the other side. do the same for the oranges. in the other corner of the skillet, heat a little oil or butter and add the onions in and let fry for a minute or so. add the capsicums and fry for another 2 minutes. then add the cooked corn together with the onions and capsicum and continue to fry for another 5 minutes, seasoning it with salt and stirring occasionally. test the chicken for doneness by sticking a knife or stick down the thickest part of the meat and if the liquid comes out clear the chicken is done. squeeze the juices from the oranges all over the chicken and corn. let cook for another minute and transfer everything to a plate and serve.