

17-18 year old's - How to Cook Chicken, Mac & Cheese with a side salad

Learning how to cook is an essential part of becoming an adult. Here is a step-by-step guide to making one meal. I'm sure your RPs would love a night off from the kitchen and this is a meal that is really simple and easy to make.

Ingredients -

Frozen Boneless Chicken Thighs
Salt/Pepper
Olive Oil
Butter
Paper Towels
Cutting board

Kraft Box of Mac & Cheese

Butter
Milk

Bag of Caesar Salad

Cookware Needed -

1 Frying Pan
1 Medium Pot
Strainer
Salad bowl
Spatula
Wooden Spoon

Instructions -

Step 1 - Defrost Chicken

Place frozen chicken on a plate in the refrigerator the morning before you plan on cooking to defrost. It takes at least 3-4 hours for chicken to defrost in the fridge. Once you are ready to cook,

Step 2 - Prep the Chicken

Using the paper towels, blot the chicken dry. Make sure you dry both sides. Generously season one side of the chicken with salt and pepper, flip all the pieces and season the other side. Then, wait two minutes. The salt/pepper will bring out moisture from the chicken (and that's a good thing!) and after two minutes, blot dry again with paper towels and season once more.

Step 3 - Cook the Chicken

Turn on your stove to medium high and put your pan on it. Once it's hot (you can test if it's hot by flicking a droplet of water on the pan and if it sizzles, it's hot!), add in a splash of olive oil and a little chunk of butter. Once the butter has melted, use your spatula to combine the two. Then add the chicken to the pan. Make sure to leave a little bit of room in the pan between the pieces of chicken. Cook one side of the chicken for 6-8 minutes or until you start seeing the edges of the chicken turn from pink to white. Then flip all the pieces over. The cooked side should be slightly golden brown. Cook the other side of the chicken for about 5 minutes or until that side is golden brown as well. If you have a meat thermometer, the temperature should reach 165 degrees. If you don't have a meat thermometer, cut open the thickest piece of chicken in the thickest part and make sure it is white all the way through. If there is any semblance of pink still inside, put all the chicken back in the pan for another 2 minutes on each side. Then take the chicken out of the pan and place onto a plate. Let the chicken rest for 5 minutes, then it is ready to serve.

Mac & Cheese

Follow the instructions on the box. If you feeling like multi-tasking, I'd recommend starting to boil the water around the same time you put the chicken in the pan. That way your Mac & Cheese will be done at the same time as the chicken.

Side Salad

Put salad in bowl, add the dressing & croutons, mix together with large spoon.

Then enjoy your meal! If you're serving this meal to your RP's, let them know that you did this all on your own and they should definitely be the ones to do the dishes after.

-Micah