Bone-in, skin-on chicken thighs with butter and oregano tucked under the skin so they stay juicy on the grill; farro with cherry tomatoes and feta; and roasted beets over arugula with chopped walnuts and a light honey-mustard vinaigrette.



Grilled Chicken Thighs with Farro, Cherry Tomatoes & Feta and Roasted Beet & Arugula Salad

The game plan

Rub butter, oregano, salt, and pepper under the skin of the thighs and grill them to 165°. While the grill runs, roast the beet cubes and simmer the farro. Slice the cherry tomatoes and feta over the farro after it’s plated, so the tomatoes don’t get mushy. Toss the warm beets with arugula and the vinaigrette at the end.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Chicken thighs: 4 bone-in, skin-on (about 1½ lb)
- Butter: 2 Tbsp, softened
- Oregano: 1 tsp dried (or 1 Tbsp fresh)
- Salt and black pepper
- Farro: ¾ cup dry
- Cherry tomatoes: 1 cup, sliced
- Feta cheese: about ½ cup crumbled
- Red beets: 2 medium (about ¾ lb)
- Arugula: about 4 cups (3 oz)
- Olive oil: 4 Tbsp — 1 for the beets, 3 for the dressing
- Red wine vinegar: 1 Tbsp (for the dressing)
- Honey: 1 tsp (for the dressing)
- Brown mustard: 1 tsp (for the dressing)
- Walnuts: about ⅛ cup, chopped

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Grill the chicken thighs

1. Mix the softened butter with the oregano, salt, and pepper.
2. Loosen the skin on each thigh and rub the butter mixture under the skin — that’s what keeps them from drying out on the grill.
3. Grill over medium heat, turning now and then, until a thermometer reads 165°F — about 30–35 minutes.
4. Rest a few minutes before serving.



2. Cook the farro

1. Simmer the farro in salted water until tender but still chewy, about 25–30 minutes. Drain any extra water.
2. Plate the farro, then slice the cherry tomatoes over the top and scatter the feta — added after plating, so the tomatoes don’t get mushy.



3. Roast the beets and build the salad

1. Heat the oven to 400°F. Peel the beets and cut them into ¾-inch cubes.
2. Toss with 1 tablespoon of olive oil, salt, and pepper. Roast until tender, about 25–30 minutes.
3. Whisk the dressing: 3 tablespoons olive oil, 1 tablespoon red wine vinegar, 1 teaspoon honey, and 1 teaspoon brown mustard — a classic 3-to-1 vinaigrette, light and bright.
4. Put the arugula in a bowl, add the warm beets and the chopped walnuts, pour a little dressing over, and toss gently.

Serve

Chicken thighs on the plate with the farro — tomatoes and feta over the top — and the beet and arugula salad alongside.

