



Choco Fever Dream

Caramelized BBQ Chicken Thighs - Easy Oven Recipe

10 min
Prep time

6
Servings

35 min
Cook time

Easy
Difficulty

45 min
Total time

American
Cuisine

Ingredients

The Chicken & Rub

- ☐ 12 bone-in, skin-on chicken thighs (about 4.5–5 lb)
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp light brown sugar
- ☐ 1 tbsp smoked paprika
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder

- ☐ 1/2 tsp cayenne pepper (optional)
- ☐ 1 tsp kosher salt
- ☐ 1/2 tsp freshly ground black pepper

The BBQ Glaze

- ☐ 1 cup store-bought BBQ sauce
- ☐ 1 Tbsp honey
- ☐ 1 tbsp Worcestershire sauce (optional)

Instructions

- 1** First things first, let's get that oven warming up to 425°F (220°C). While it's heating, go ahead and line your baking sheet with aluminum foil—it makes the cleanup so much easier, honestly.
- 2** Now, take a few minutes to pat the chicken thighs dry with paper towels. I know it feels like an extra step, but it really helps the skin get that lovely crisp we're after.
- 3** In a small bowl, stir together the olive oil, light brown sugar, smoked paprika, garlic powder, onion powder, cayenne pepper, kosher salt, and freshly ground black pepper. Just mix until everything is well coated and smells wonderful.
- 4** Rub that spice mixture all over each chicken thigh. Make sure you get it everywhere—under the skin and on the meat—so every bite is flavorful.
- 5** Place your thighs on the foil-lined sheet, skin-side up. Just leave a little breathing room between them so they roast evenly.
- 6** Pop them in the oven for 25 minutes. Then, carefully flip them over and roast for another 5–7 minutes. You're looking for an internal temperature of 165°F (75°C).
- 7** While the chicken is doing its thing, whisk the store-bought BBQ sauce, honey, and Worcestershire sauce in a small saucepan over low heat. Let it simmer for 3–5 minutes until it's a bit syrupy, then take it off the heat.

- 8 Once those thighs hit 165°F, brush them liberally with your warm BBQ glaze. Return them to the oven for 8–10 more minutes. This is where the magic happens and that sticky, caramelized crust forms.
- 9 Take the pan out and let the chicken rest for about 5 minutes. It's hard to wait, I know, but it keeps all those juices inside the meat.
- 10 Serve them up hot! I love to sprinkle a bit of fresh chopped parsley or cilantro on top just for a little pop of color.

Nutrition per serving

420 kcal

Calories

26 g

Protein

18 g

Carbs

28 g

Fat

Tips & notes

- Patting the chicken dry is the secret to better skin.
- Use a thermometer to ensure the meat stays juicy without overcooking.
- Allowing the meat to rest prevents the juices from running out.