



Choco Fever Dream

Creamy Garlic Chicken Thighs – Easy One-Pan Dinner

10 min
Prep time

4
Servings

20 min
Cook time

Easy
Difficulty

30 min
Total time

American
Cuisine

Ingredients

Main Ingredients

- ☐ 4 bone-in, skin-on chicken thighs (about 6 oz each)
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon freshly ground black pepper

The Creamy Sauce

- ☐ 4 cloves garlic, minced (about 2 tablespoons)
- ☐ 1 cup heavy cream (240 ml)

- ☐ 1/2 cup grated Parmesan cheese (50 g)
- ☐ 1 tablespoon whole-grain mustard
- ☐ 1 teaspoon dried thyme (optional)
- ☐ 1 tablespoon butter (14 g)
- ☐ 1/4 cup sun-dried tomatoes, chopped (optional)
- ☐ 2 cups fresh spinach (60 g)

Garnish

- ☐ Fresh parsley, chopped, for garnish

Instructions

- 1** First things first, let's get that large skillet heating up over medium-high heat. Go ahead and warm the 2 tablespoons olive oil until it's shimmering—just a quiet start to the evening.
- 2** Now, take a moment to pat the 4 bone-in, skin-on chicken thighs dry with some paper towels. It's a little extra work, but it's the secret to that golden skin. Season all sides generously with 2 teaspoons salt and 1 teaspoon freshly ground black pepper.
- 3** Place the thighs skin-side down in the pan. Let them sear for 5–6 minutes; you're looking for that beautiful, golden brown crisp. Flip them over and sear the other side for 4 minutes. Once they're looking lovely, move them to a plate and just set them aside for a bit.
- 4** Turn the heat down to medium. Toss in those 4 cloves garlic, minced (about 2 tablespoons) and sauté for about 1 minute. It'll start smelling wonderful—this is where you scrape up all those brown bits from the bottom of the pan; that's where the soul of the flavor lives.
- 5** Stir in the 1 tablespoon whole-grain mustard and 1 teaspoon dried thyme (optional). Give it about 30 seconds just to let those flavors wake up.
- 6** Slowly pour in the 1 cup heavy cream (240 ml), then stir in the 1/2 cup grated Parmesan cheese (50 g), 1 tablespoon butter (14 g), and the 1/4 cup sun-dried tomatoes, chopped (optional). Whisk it all together until the butter melts and the sauce starts to thicken just a tiny bit.

- 7 Bring the chicken thighs back into the skillet, nestling them right into that creamy sauce. Top the whole thing with 2 cups fresh spinach (60 g). Now, cover the pan with a lid or some foil and let it simmer for 10 minutes. I always use a meat thermometer to make sure the internal temperature reaches 165°F (74°C)—it just gives me peace of mind.
- 8 Take the lid off and bump the heat back up to medium-high. Let the sauce reduce for 2–3 minutes until it's a bit thicker and clings to the chicken. Honestly, it looks so inviting. Just spoon that extra sauce over the thighs before serving.

Nutrition per serving

420 kcal

Calories

28 g

Protein

15 g

Carbs

36 g

Fat

Tips & notes

- Using a meat thermometer is the only way to be certain the chicken is safe and juicy.
- Don't skip drying the chicken; wet skin won't crisp up properly.
- The brown bits in the pan are flavor gold—make sure to scrape them up with the garlic.