

Choco Fever Dream

Dreamy Creamy Oven-Baked Chicken Thighs

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 small onion, finely diced
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tsp fresh rosemary, chopped
- [ ] Zest of 1 lemon
- [ ] 1/2 cup grated Parmesan cheese
- [ ] Salt and black pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Pat the chicken thighs dry, then season both sides with salt and pepper.
2. Heat olive oil in a large oven-safe skillet over medium-high heat. Place thighs skin-side down and sear until golden, about 4-5 minutes. Flip and sear the other side for 2 minutes.
3. Remove thighs briefly. Add onion and garlic to the pan; sauté until translucent, about 2 minutes. Sprinkle thyme, rosemary, and lemon zest, stirring gently.
4. Stir in the heavy cream and Parmesan, scraping up any browned bits. Return the chicken thighs to the skillet, skin side up, and spoon some sauce over each piece.
5. Cover the skillet with foil and bake for 20 minutes. Then remove foil and bake an additional 5-7 minutes until the skin is crisp and the internal temperature reaches 165°F (74°C).
6. Let rest for 5 minutes, then serve hot, spooning extra sauce over the thighs.

Nutrition per serving

480 kcal	32 g	5 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thin, stir in a teaspoon of cornstarch mixed with cold water.
- For extra depth, add a splash of white wine before the cream (omit if avoiding alcohol).
- Taste and adjust seasoning right before serving.