

Choco Fever Dream

Italian Baked Chicken Dinner – Easy Recipe

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1 can (28 oz) San Marzano whole tomatoes, crushed
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] Zest of 1 lemon
- [ ] Salt and freshly ground black pepper to taste
- [ ] ½ cup grated Parmesan cheese
- [ ] Fresh basil leaves, torn

Instructions

1. Preheat the oven to 400°F (200°C). In a bowl, combine olive oil, minced garlic, oregano, thyme, lemon zest, salt, and pepper; toss the chicken thighs in this mixture until well coated.
2. Place the coated chicken skin-side up in a shallow baking dish. Scatter the crushed tomatoes around the chicken, letting the juices mingle.
3. Bake uncovered for 25 minutes, then sprinkle Parmesan over the top and continue baking for another 10 minutes until the skin is golden and the sauce is bubbling.
4. Remove from the oven, scatter fresh basil leaves, and let rest for 5 minutes before serving.
5. Serve the chicken alongside your favorite side, perhaps the baked penne for a complete Italian dinner.

Nutrition per serving

420 kcal	38 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes to the herb mixture.
- For extra crispness, switch the oven to broil for the last 2 minutes, watching closely.
- The sauce can be thickened with a spoonful of tomato paste if desired.