



Choco Fever Dream

Garlic Butter Chicken Thighs – Easy Dinner Recipe

10 min
Prep time

4
Servings

20 min
Cook time

Easy
Difficulty

30 min
Total time
American
Cuisine

Ingredients

Main Chicken

- ☐ 4 bone-in, skin-on chicken thighs
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon smoked paprika
- ☐ 1/2 teaspoon salt

- ☐ 1/4 teaspoon black pepper

Garlic Butter Sauce

- ☐ 1/4 cup unsalted butter (57g)
- ☐ 4 cloves garlic, minced
- ☐ 1 tablespoon lemon juice
- ☐ 1 teaspoon fresh thyme leaves

Instructions

- 1** Start by patting the 4 bone-in, skin-on chicken thighs dry with some paper towels. Honestly, this is the secret to a good sear. Season both sides well with the 1/2 teaspoon salt, 1/4 teaspoon black pepper, and 1 teaspoon smoked paprika.
- 2** Warm up 1 tablespoon olive oil in a large skillet over medium-high heat. Just wait until it's shimmering—that's when you know it's ready.
- 3** Place the thighs skin-side down. Let them sear for 5-6 minutes. You're looking for that beautiful, golden brown crisp skin that just looks right.
- 4** Flip the chicken over. Now, add in the 1/4 cup unsalted butter (57g), 4 cloves garlic, minced, 1 teaspoon fresh thyme leaves, and 1 tablespoon lemon juice. Use a spoon to baste that fragrant butter all over the chicken.
- 5** Turn the heat down to medium and cover the pan loosely with some foil. Let it all simmer for 12-15 minutes, giving them a turn once, until the internal temperature hits 165°F (74°C).
- 6** If you're like me and love a darker crust, just take the foil off and keep cooking. Baste them with that butter for about another 3 minutes until they're a deep mahogany color.
- 7** Slide the whole skillet into a preheated 400°F (200°C) oven for 3-4 minutes. It just finishes crisping the skin perfectly, but wow, keep a close eye on it so it doesn't burn.
- 8** Take it off the heat and let it rest for 5 minutes. While it rests, drizzle any remaining butter from the pan right over the top.

9 Serve them up immediately, spooning extra butter from the pan over the meat for a little extra shine and a lot of flavor.

10 Plate it with your favorite sides and just enjoy a comforting, flavorful dinner. So simple, really.

Nutrition per serving

410 kcal

Calories

26 g

Protein

4 g

Carbs

32 g

Fat

Tips & notes

- Make sure the chicken is completely dry before seasoning for the best skin.
- The butter-garlic sauce needs a little attention so it doesn't brown too quickly.
- Allowing the meat to rest ensures all those juices stay inside where they belong.