

Garlic Chicken Thighs

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	35 MIN		10

Garlic chicken thighs are a juicy and flavorful dish made with tender chicken thighs cooked with garlic and simple seasonings. The result is crispy skin on the outside and moist, tender meat on the inside. This easy recipe is perfect for quick dinners and works well baked or pan-seared. It delivers rich garlic flavor with minimal effort, making it a go-to meal for busy days.

Ingredients

- 6 chicken thighs (bone-in or boneless)
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon paprika (*optional*)
- Optional: fresh parsley or lemon

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 30-35 minutes
- Total Time: 40-45 minutes
- Servings: 4
- Course: Main Dish
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Pat chicken thighs dry.
3. Season with salt, pepper, and paprika.
4. Rub with olive oil and garlic.
5. Place on a baking sheet or in a baking dish.
6. Bake for **30-35 minutes** until golden and cooked through.
7. Optional: broil for 2-3 minutes for extra crispiness.
8. Garnish with parsley or lemon and serve.

Cooking Tips

- Dry skin well for crispiness
- Use bone-in thighs for more flavor
- Do not overcrowd the pan

Variations

- Use garlic butter instead of oil
- Add herbs like thyme or rosemary
- Add chili flakes for spice
- Marinate before cooking for deeper flavor

What to Serve with Garlic Chicken Thighs

- Roasted vegetables
- Rice or quinoa
- Mashed potatoes
- Salad

Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

Reheating

Reheat in the oven for best texture.

Frequently Asked Questions

Why are chicken thighs better than breasts?

They are juicier and more flavorful.

Can I pan-fry instead of bake?

Yes, cook on medium heat until fully done.

How do I get crispy skin?

Bake at high heat and broil at the end.

Recipe Author

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