

Treasure Barrel

Creamy Garlic Chicken Thighs – Easy One-Pan Dinner

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1.5 lbs bone-in, skin-on chicken thighs (about 8 pieces)
- [ ] 1 tsp kosher salt
- [ ] ½ tsp freshly ground black pepper

For the Creamy Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] ½ cup low-sodium chicken broth
- [ ] 1 tsp dried thyme
- [ ] 1 tsp paprika
- [ ] 2 tbsp unsalted butter

For Garnish

- [ ] 2 tbsp chopped fresh parsley, for garnish

Instructions

1. First things first, go ahead and preheat your oven to 425°F (220°C). It just needs a bit of time to get nice and hot.
2. Now, take a moment to pat the 1.5 lbs bone-in, skin-on chicken thighs dry with some paper towels. Honestly, this is the secret to that crisp skin we love. Season them generously with 1 tsp kosher salt and ½ tsp freshly ground black pepper.
3. Heat 2 tbsp olive oil in your skillet over medium-high heat. Carefully place the chicken thighs skin-side down and let them sear for 3-4 minutes until they're a beautiful golden brown; then flip them over and sear the other side for another 3-4 minutes. Wow, that smell is already wonderful.
4. Once they're seared, lift the chicken out of the skillet and set them aside for a moment. In that same pan—don't wash it!—add the 3 cloves garlic, minced, and sauté for just 30 seconds until it smells fragrant. Be careful not to burn it, yeah?
5. Slowly pour in 1 cup heavy cream and ½ cup low-sodium chicken broth. Stir in 1 tsp paprika, 1 tsp dried thyme, and a splash more salt if you feel it needs it. Let the mixture come to a gentle simmer.
6. Return the seared chicken thighs to the skillet. I like to spoon some of that lovely sauce over each piece. Just let it bubble around the chicken for 1 minute so the flavors can start to meld.
7. Now, transfer the whole skillet directly into your preheated oven. Bake for 15–18 minutes, or until your instant-read thermometer tells you the chicken has reached an internal temperature of 165°F (74°C).

8. Take the skillet out of the oven and drizzle 2 tbsp unsalted butter over the chicken. Look, just let everything rest for 5 minutes; it gives the sauce a chance to thicken up slightly.

9. Using your tongs, move the chicken to a serving plate. Spoon plenty of that extra sauce on top and sprinkle with 2 tbsp chopped fresh parsley for a pop of color.

10. Serve it while it's hot with whatever sides you have on hand. Simple and comforting, just the way it should be.

Nutrition per serving

580 kcal	38 g	8 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is essential for achieving a golden, crisp skin.
- Using a cast-iron skillet provides a more even sear and better heat retention in the oven.
- Letting the dish rest for 5 minutes allows the cream sauce to reach its ideal thickness.