

Treasure Barrel

Creamy Oven Baked Chicken Thighs – Easy Warm Meal

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

Ingredients

The Chicken

- [ ] 8 bone-in, skin-on chicken thighs (~2 lbs)
- [ ] 2 tablespoons olive oil
- [ ] 2 teaspoons kosher salt
- [ ] 1 teaspoon black pepper
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon smoked paprika

The Creamy Sauce

- [ ] 1 cup heavy cream
- [ ] 1 cup chicken broth
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tablespoon Dijon mustard
- [ ] 1 tablespoon butter
- [ ] 1 small onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried)

Optional Topping

- [ ] 1/4 cup bread crumbs (optional, for crusty top)

Instructions

1. First things first, let's get that oven warming up to 400°F (200°C). I always line my baking sheet with parchment paper—it just makes the cleanup so much easier, honestly.
2. Now, take a moment to pat those chicken thighs dry with a paper towel. It's a small step, but it's the secret to good skin. Rub each one with olive oil, then season them generously with the salt, pepper, garlic powder, and smoked paprika.
3. In a small saucepan, we'll gather the heavy cream, chicken broth, Parmesan, Dijon mustard, butter, chopped onion, minced garlic, and thyme. Cook this over medium-low heat, stirring every now and then, until the butter melts and the sauce thickens up just a bit—usually takes about 5 minutes.
4. Carefully place your seasoned chicken thighs skin-side up on that prepared baking sheet.
5. Pour that lovely creamy sauce evenly over each thigh. Make sure the skin is coated, and if you're feeling like a little extra crunch, sprinkle those breadcrumbs over the top.
6. Pop them in the oven for 35 minutes. You're looking for golden brown skin and an internal temperature of 165°F (74°C). Just keep an eye on them; if the skin looks like it's browning too fast, oops, just tent them loosely with some foil.

7. Once they're done, let the chicken rest for about 5 minutes. It feels like a wait, but the residual heat finishes the cooking and lets that sauce get nice and thick.

8. Spoon some of that remaining sauce from the pan over each thigh before you serve them.

9. Finish it all off with some freshly chopped parsley. It adds such a pretty pop of color and a bit of brightness to the plate.

Nutrition per serving

540 kcal	36 g	12 g	38 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - Patting the chicken dry is non-negotiable for that golden skin.
> - If the sauce thickens too much during the bake, you can whisk in a tiny bit more broth.
> - The resting period is key for juicy chicken; don't skip those 5 minutes.