

Treasure Barrel

Oven Baked Chicken Thighs

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

Ingredients

Main Ingredients

- [ ] 6 bone-in, skin-on chicken thighs (about 12–15 oz each)
- [ ] 1 tbsp unsalted butter, cut into small pieces

Savory Glaze

- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp kosher salt
- [ ] ½ tsp freshly ground black pepper
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried thyme
- [ ] 1 tsp honey
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 1 tsp Dijon mustard

For Garnish

- [ ] 2 tbsp chopped fresh parsley (for garnish)
- [ ] 1 lemon, sliced thin for serving (optional)

Instructions

1. First things first, go ahead and preheat your oven to 425°F (220°C). Now, look, the secret to that crunch is dry skin, so take a few paper towels and pat those chicken thighs really well until they're dry. It makes a world of difference, honestly.
2. In a small bowl, whisk together your 2 tbsp extra-virgin olive oil, 1 tsp kosher salt, ½ tsp freshly ground black pepper, 1 tsp smoked paprika, 1 tsp garlic powder, 1 tsp dried thyme, 1 tsp honey, 1 tbsp low-sodium soy sauce, and 1 tsp Dijon mustard. It'll turn into a lovely, savory glaze.
3. Now, just brush or rub that glaze generously over each thigh. Make sure you're getting both sides and even the undersurface—you don't want any naked spots, yeah?
4. Arrange the thighs skin-side up on your baking sheet in a single layer. Give them a little breathing room so the heat can circulate; if they're too crowded, they won't crisp up quite as nicely.
5. Pop them in the oven for 20 minutes. Then, rotate the pan 180°—just to be safe—and bake for another 12–15 minutes. You're looking for golden brown skin and a meat thermometer reading of 165°F (74°C) in the thickest part.
6. Oops, almost forgot! During those last 5 minutes of cooking, scatter your 1 tbsp unsalted butter, cut into small pieces, around the thighs. They'll melt down and just help that skin get even crispier. Wow, the smell is wonderful.

7. Take the chicken out and let it rest for 5 minutes. I know it's tempting to dive in, but letting the juices redistribute keeps the meat so much more tender.

8. Move the thighs to a platter, sprinkle with 2 tbsp chopped fresh parsley, and tuck some thin lemon slices around them if you like. Serve them hot with whatever side you've got ready.

Nutrition per serving

480 kcal	38 g	7 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is the most important step for a golden crust.
- Rotating the pan ensures an even cook across all thighs.
- Letting the meat rest prevents the juices from running out immediately.