

Treasure Barrel

Paprika Chicken Recipe – Easy Warm Meal

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

Ingredients

Chicken and Seasoning

- [ ] 8 bone-in, skin-on chicken thighs (about 1.5 lbs)
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp sweet smoked paprika
- [ ] 1 tsp ground cumin
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] ½ tsp cayenne pepper (optional)
- [ ] 1 tsp sea salt
- [ ] ½ tsp freshly ground black pepper

Finishing Touches

- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp chopped fresh parsley (for garnish)

Instructions

1. First things first, take a few paper towels and gently pat those chicken thighs dry. Honestly, it's a small step, but it's the only way to get that skin really crisp.
2. In a little bowl, stir together your sweet smoked paprika, cumin, garlic powder, onion powder, that optional pinch of cayenne, sea salt, and freshly ground black pepper. It smells wonderful already, doesn't it?
3. Now, just rub that seasoning mix all over the chicken thighs. Be thorough—make sure you cover both the skin and the flesh so every bite is flavorful.
4. Go ahead and preheat your oven to 400°F (200°C). This gets the heat ready for the finish.
5. Heat the olive oil in your skillet over medium-high heat. Once it's shimmering—look for those little ripples—place the chicken thighs skin side down. Sear them for about 5 minutes until the skin is a beautiful golden brown.
6. Carefully flip the thighs over, pour in the fresh lemon juice—wow, the aroma is great here—and slide the whole skillet right into the oven.
7. Bake for 20 minutes. I always use a meat thermometer in the thickest part to make sure it hits 165°F (74°C). No guessing allowed!
8. Take the skillet out and let the chicken rest on a platter for about 5 minutes. I know it's tempting to dive in, but this just locks in all those lovely juices.

9 If you're feeling fancy, you can pour a bit of the pan sauce into a small pot over low heat, whisk in a teaspoon of butter for a bit of richness, and drizzle it over the top. Oops, I almost forgot to mention how good that is!

10 Sprinkle on some chopped fresh parsley and serve it up while it's hot with whatever sides you've picked out.

Nutrition per serving

380 kcal	34 g	6 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- The lemon juice added right before the oven helps deglaze the pan and brightens the flavor.
- Using bone-in thighs ensures the meat stays tender throughout the roasting process.
- A resting period is essential for a juicy result.