

Herb-Crusted Chicken Thighs

Deliciously juicy chicken thighs coated in a fragrant blend of herbs and spices, roasted to golden perfection. This keto-friendly dish is bursting with flavor and is sure to be a hit at any dinner table.


45 min

Total time

easy

Difficulty

400

kcal / serving

Ingredients

- 2 chicken thighs (bone-in, skin-on)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/2 teaspoon paprika
- Salt and pepper to taste
- 1 tablespoon fresh parsley (for garnish)

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 In a small bowl, mix together garlic powder, onion powder, thyme, rosemary, paprika, salt, and pepper.
- 3 Pat the chicken thighs dry with paper towels. Rub the olive oil all over the chicken, then coat with the herb mixture, ensuring an even coverage.
- 4 Place the chicken thighs skin side up on a baking sheet.
- 5 Roast in the preheated oven for 35-40 minutes, or until the chicken reaches an internal temperature of 165°F (75°C) and the skin is crispy and golden brown.
- 6 Remove from the oven and let rest for 5 minutes before serving. Garnish with fresh parsley.