

# Spiced Chicken Thighs



*This spice blend is easily customized to suit your tastes and use what you have on hand. Searing the chicken on the stove before finishing in the oven produces a crisp exterior and juicy interior.*

## CHEF'S NOTES

Pro tip: Pull your meat out of the refrigerator 20-30 mins before you plan to cook it. Having the meat warm up a bit allows for more even browning and faster cooking times.

If you aren't sure whether your sauté pan is oven safe, simply transfer the seared chicken to a sheet tray or any oven-safe baking dish before transferring it to the oven to finish cooking.

It's easy to make spice blends at home. Think about making a double batch to have some on hand for quick meals in the future. Have fun with mixing different spices together for chicken, fish and shrimp, pork, or beef. A good spice rub can transform even the simplest dish. Check out our handouts on Flavor Building and Spice Blends for inspiration!

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

*For the Spice Blend:*

½ tsp	Kosher Salt
1 tsp	Brown Sugar
1 tsp	Garlic Powder
1 tsp	Paprika
½ tsp	Onion Powder
½ tsp	Turmeric
¼ tsp	Coriander
¼ tsp	Ginger

*For the Chicken:*

4 each	Chicken Thighs (1-1.5 lbs.), boneless and skinless
2 tsp	Olive or Canola Oil

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Combine the spices in a small bowl and stir to combine.
3. Sprinkle the chicken all over with the spice blend, using it completely cover the chicken.
4. Heat a large, oven safe sauté pan over medium high heat. Add the oil and then place the thighs in the pan, turning the heat down to medium.
5. Rotate the pan every 3 minutes, in 90-degree increments for a total of four rotations (think of the pan like a clock turn to 12, 3, 6, 9 o'clock). Once chicken has browned on the first side, flip it and repeat this process.
6. Place the pan in the preheated oven for 5-7 minutes, or until the internal temperature reaches 165°F in the thickest part.
7. Remove the chicken from the pan and allow it to rest on a plate or cutting board, about 5 minutes. When cool, slice chicken and return it to the pan, tossing in the spices and drippings remaining in the pan.

# Nutrition Facts

4 servings per container

**Serving Size** 1 chicken thigh (120 g)

Amount per serving

**Calories** 170

**% Daily Value \***

**Total Fat 7g** 9%

Saturated Fat 1.5g 7%

*Trans* Fat 0g

**Cholesterol 105mg** 36%

**Sodium 350mg** 15%

**Total Carbohydrate 3g** 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 1g Added Sugars 1%

**Protein 23g** 45%

Vitamin D 0.03mcg 0%

Calcium 10mg 0%

Iron 1mg 7%

Potassium 300mg 7%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

