

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!

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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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.

