

Easy way to cook fresh Mediterranean Chicken Thighs

Ingredients You'll Need

For the Chicken:

- 4–6 fresh chicken thighs (bone-in, skin-on or boneless, as preferred)
- 3 tbsp olive oil
- 3 garlic cloves, minced
- 1 lemon (juice and zest)
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/2 tsp cumin
- Salt and pepper to taste

For the Vegetables (Optional):

- 1 cup cherry tomatoes
- 1 red bell pepper, sliced
- 1/2 cup Kalamata olives
- 1 small red onion, sliced

Step 1: Prepare the Marinade

1. In a mixing bowl, whisk together olive oil, minced garlic, lemon juice, lemon zest, oregano, smoked paprika, cumin, salt, and pepper.
2. Taste and adjust seasoning as needed.

Step 2: Marinate the Chicken

1. Place the chicken thighs in a large resealable bag or a shallow dish.
2. Pour the marinade over the chicken, ensuring each piece is well coated.
3. Cover and refrigerate for at least 30 minutes (or up to 12 hours for deeper flavor).

Step 3: Preheat the Oven

- Preheat your oven to 400°F (200°C).
- While the oven heats, take the chicken out of the fridge and let it come to room temperature for about 15 minutes.

Step 4: Prepare the Baking Dish

1. If using vegetables, arrange them in a single layer in a baking dish.
2. Drizzle the vegetables with olive oil, season with salt and pepper, and toss to coat.

Step 5: Arrange the Chicken

- Place the marinated chicken thighs over the vegetables, skin-side up if applicable.
- Pour any remaining marinade over the chicken for added flavor.

Step 6: Bake the Chicken

1. Place the baking dish in the oven and bake for 35–45 minutes, or until the chicken reaches an internal temperature of 165°F (75°C).
2. For crispy skin, switch to the broiler setting for the last 3–5 minutes, keeping a close eye to prevent burning.

Step 7: Rest and Serve

1. Remove the chicken from the oven and let it rest for 5 minutes to retain its juices.
2. Garnish with fresh parsley or dill and a few lemon wedges for a burst of freshness.

Serving Suggestions

- Pair the chicken with:
 - Fluffy couscous or quinoa
 - A refreshing Greek salad
 - Creamy tzatziki sauce and pita bread
- Enjoy with a glass of crisp white wine for a complete Mediterranean experience.

Tips for Success

1. **Marination Time:** Longer marination (up to 12 hours) enhances the flavor.
2. **Vegetable Substitutions:** Use zucchini, eggplant, or potatoes based on availability and preference.
3. **Storage:** Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in the oven to retain crispness.

Enjoy your homemade Mediterranean chicken thighs—perfect for weeknight dinners or special gatherings!

Visit our website to learn more about chickens - <https://chkfood.com>