

Foodnity Recipes

Cajun Chicken Bake: Easy Weeknight Comfort

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken thighs (about 2 lbs)
- [ ] 2 tablespoons olive oil
- [ ] 2 tablespoons Cajun seasoning
- [ ] Salt to taste

For the Creamy Sauce

- [ ] 1 cup heavy cream
- [ ] 2 cloves garlic, minced
- [ ] 1/2 teaspoon dried oregano
- [ ] 1/4 teaspoon black pepper
- [ ] 1 tablespoon lemon juice
- [ ] Salt to taste

Toppings and Garnish

- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 cup cherry tomatoes, halved
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. First things first, let's get the oven warming up to 375°F (190°C). I usually just lightly grease my 9x13 inch baking dish with a teaspoon of olive oil or a bit of non-stick spray so nothing sticks to the sides later.
2. Now, take those chicken thighs and pat them dry with some paper towels—this is the secret to a good sear. Go ahead and sprinkle both sides evenly with the Cajun seasoning and just a pinch of salt.
3. Heat up 1 tablespoon olive oil in a large skillet over medium-high heat. I like to sear the chicken for about 2–3 minutes per side until they're a lovely golden brown. Once they look right, just move them over to a plate for a moment.
4. In a mixing bowl, whisk together your heavy cream, minced garlic, oregano, black pepper, lemon juice, and a small pinch of salt. Keep whisking until it's all nice and smooth.
5. Pour that cream mixture right into your prepared baking dish. Just spread it out in an even layer so every piece of chicken gets some love.
6. Carefully place those seared chicken thighs on top of the cream. I like to scatter the halved cherry tomatoes over the chicken and then drizzle a little of the remaining olive oil around the edges.

7. Time for the best part—sprinkle the shredded mozzarella and grated Parmesan evenly over the tomatoes and chicken. It looks so promising already, doesn't it?

8. Slide it into the oven uncovered for 25–30 minutes. You're looking for the tomatoes to burst and the cheese to be bubbling and golden. Just to be safe, make sure the chicken's internal temperature hits 165°F (74°C).

9. Take it out and let it rest for 5 minutes. Honestly, this is the hardest part, but while it rests, I like to spoon a little of that creamy sauce back over the chicken for extra moisture.

10. Finally, garnish with some chopped fresh parsley. You can slice the chicken if you like, and then serve it hot with some rice, crusty bread, or maybe some steamed green beans.

Nutrition per serving

480 kcal	38 g	12 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is essential for getting that golden-brown sear in the skillet.
- Letting the dish rest for 5 minutes allows the juices to redistribute, making the meat tender.
- Using a meat thermometer ensures the chicken is cooked through without overdoing it.