

Foodnity Recipes

Easy Mediterranean Lemon Chicken

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

The Chicken and Seasoning

- [ ] 4 skin-on, bone-in chicken thighs, or 4 boneless chicken breasts
- [ ] 1 tablespoon olive oil
- [ ] 2 teaspoons kosher salt
- [ ] 1 teaspoon freshly ground black pepper
- [ ] 1/2 teaspoon garlic powder
- [ ] 1/2 teaspoon dried oregano
- [ ] 1/2 teaspoon dried thyme
- [ ] 1/4 teaspoon smoked paprika

The Aromatics and Finish

- [ ] 4 cloves garlic, minced
- [ ] 1 medium lemon, thinly sliced
- [ ] 2 tablespoons fresh lemon juice
- [ ] 2 tablespoons chopped fresh parsley
- [ ] 2 tablespoons capers, rinsed

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). While that's warming up, grab a small bowl and whisk together your 2 teaspoons kosher salt, 1 teaspoon freshly ground black pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon dried oregano, 1/2 teaspoon dried thyme, and 1/4 teaspoon smoked paprika. It's such a lovely, earthy scent, isn't it?

2. Now, pat the chicken dry with some paper towels—honestly, this is the secret to getting that nice sear. Toss your chicken pieces in the seasoning mix until they're evenly coated in all those spices.

3. Heat the 1 tablespoon olive oil in your skillet over medium-high heat. Add the chicken skin side down (if you're using bone-in) or just the surface, and let it sear until it's a beautiful golden brown, about 4-5 minutes. Flip them over and sear the other side for another 3 minutes. Wow, the smell is already wonderful.

4. Carefully remove the chicken from the skillet and set it aside for a moment. In that same pan—don't wash it, that's where the flavor is!—add the 4 cloves garlic, minced, and sauté just until it's fragrant, which usually takes about 30 seconds. Don't let it burn, or it'll turn bitter.

5. Return the chicken to the skillet. Arrange those thinly sliced lemon from your 1 medium lemon on top and around the chicken. Drizzle over the 2 tablespoons fresh lemon juice, stir in the 2 tablespoons capers, rinsed, and sprinkle on the 2 tablespoons chopped fresh parsley.

6. Transfer the whole skillet into the preheated oven. Bake for about 15-18 minutes, or until your chicken reaches an internal temperature of 165°F (75°C). Just keep an eye on it.

7. Take the skillet out of the oven and let the chicken rest for 5 minutes. I know it's tempting to dive in, but this allows the juices to redistribute so the meat stays moist. Patience is key here.

8. For a little something extra, slice a bit of lemon zest into an iron-spooner for a bright, citrusy aroma, then sprinkle it right over the plated chicken.

9. Now you can serve it up immediately with your favorite side—maybe some fluffy couscous, a crisp Greek salad, or roasted vegetables. Looks lovely!

10. If you're feeling fancy, deglaze the skillet with a splash of chicken broth, reduce it slightly to make a quick pan sauce, and drizzle that over the dish for extra flavor. So simple, yet so good.

Nutrition per serving

380 kcal	36 g	8 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Bone-in thighs provide a much richer, more succulent result than breasts.
- Always pat the chicken dry before seasoning to ensure the skin crisps up properly.
- Letting the meat rest is non-negotiable if you want it to stay juicy.