

Foodnity Recipes

Lemon Herb Chicken Bake – Easy Weeknight Delight

10 min Prep time	**40 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 4 thin lemon slices

Herb Rub

- [ ] 4 tbsp extra-virgin olive oil
- [ ] 4 cloves garlic, minced
- [ ] Zest of 1 medium lemon
- [ ] Juice of 1 medium lemon
- [ ] 1 tsp dried rosemary
- [ ] 1 tsp dried thyme
- [ ] 1 tsp salt
- [ ] ½ tsp freshly ground black pepper

Garnish

- [ ] 2 tbsp fresh parsley, chopped (for garnish)

Instructions

1. First things first, let's get that oven warming up to 425°F (220°C). While that's heating, go ahead and line your 9x13-inch baking dish with some parchment paper, or just lightly oil it. Honestly, it saves so much scrubbing later if things stick.

2. In a small bowl, whisk together the 4 tbsp extra-virgin olive oil, 4 cloves garlic, minced, the zest of 1 medium lemon, 1 tsp dried rosemary, 1 tsp dried thyme, 1 tsp salt, and ½ tsp freshly ground black pepper. It smells just lovely when the garlic and herbs hit the oil.

3. Now, pat those 4 bone-in, skin-on chicken thighs dry with paper towels. Look, I know it seems like a chore, but it's the only way to get that skin truly crispy. Rub that herb mixture all over each thigh, coating both sides evenly.

4. Arrange the seasoned thighs skin side up in your prepared baking dish. Then, gently place one of the 4 thin lemon slices on top of each piece. It adds such a pretty touch and a little extra citrus punch.

5. Drizzle the juice of 1 medium lemon evenly over the chicken pieces. This keeps everything nice and moist while it's in the heat, and just makes the flavor pop.

6. Pop them in the oven for about 35-40 minutes. You're looking for an internal temperature of 165°F (74°C) and skin that's golden-brown. Wow, if you want it extra crisp, just broil for 1-2 minutes at the very end.

7. Take them out and let the chicken rest for 5 minutes—don't rush it! Finally, sprinkle the 2 tbsp fresh parsley, chopped (for garnish) over the top for a little bit of fresh color before you serve.

Nutrition per serving

280 kcal	18 g	4 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is the real secret to that golden, crispy skin we all want.
- Letting the meat rest for five minutes ensures the juices stay inside the chicken.
- Using parchment paper makes cleanup a breeze, which is just a win for everyone.