

Foodnity Recipes

Skillet Chicken Thighs in Creamy Garlic Sauce

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 2 tbsp olive oil
- [ ] 4 garlic cloves, minced
- [ ] 1 cup heavy cream
- [ ] 1/2 cup chicken broth
- [ ] 2 tsp fresh thyme leaves
- [ ] 1 tbsp lemon juice
- [ ] 1/4 cup grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Pat the chicken thighs dry, season with salt and pepper, and heat olive oil in a large skillet over medium-high heat.
2. Place thighs skin-side down, sear until the skin is golden and crisp, about 5-6 minutes; flip and sear the other side for 3 minutes.
3. Remove the thighs, set aside, then add minced garlic to the pan; sauté until fragrant, about 30 seconds.
4. Deglaze with chicken broth, scraping up browned bits, then stir in heavy cream, thyme, and lemon juice; bring to a gentle simmer.
5. Return the chicken to the skillet, skin side up, letting it cook in the sauce for 10-12 minutes until the internal temperature reaches 165°F.
6. Stir in Parmesan, adjust seasoning, and serve immediately, spooning extra sauce over each thigh.

Nutrition per serving

420 kcal	32 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash more broth or water.
- For a nuttier flavor, toast the thyme briefly before adding.
- Rest the chicken a couple of minutes after cooking for juices to redistribute.