

Foodnity Recipes

Spicy Cowboy Butter Chicken – Easy Skillet Dinner

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

Ingredients

The Chicken

- [ ] 1 lb (450 g) boneless, skinless chicken thighs, cut into 1-inch pieces
- [ ] 2 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] 1/4 tsp cayenne pepper
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] Salt and freshly ground black pepper, to taste

Cowboy Butter Sauce

- [ ] 2 cloves garlic, minced
- [ ] 3 tbsp unsalted butter
- [ ] 1 tbsp fresh lemon zest
- [ ] 1 tbsp fresh lemon juice
- [ ] 1/4 cup chicken broth

For Garnish

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

Instructions

1. Start by patting those chicken pieces dry with a few paper towels—honestly, it's the secret to a good sear. Season them well with salt, pepper, smoked paprika, cayenne, thyme, and rosemary until they're nicely coated.
2. Heat 1 tablespoon olive oil in your large skillet over medium-high heat. Once it's shimmering, add the chicken. Let it cook until it's a lovely golden brown on all sides, which usually takes about 5–6 minutes.
3. Now, just move the chicken to the side of the pan to make some room. Add that remaining tablespoon of oil and sauté your minced garlic for about 30 seconds—just until it smells wonderful in the kitchen.
4. Pour in the chicken broth and give it a good stir. This deglazes the pan, picking up all those tasty brown bits. Let it reduce slightly for about 1 minute.
5. Turn the heat down to low. Stir in the butter until it's melted and silky, then stir in the lemon zest and lemon juice. If it looks too thick, a splash more broth helps. Simmer for 2–3 minutes so the flavors can really get to know each other.
6. Bring the chicken back into the center of the skillet and spoon that buttery sauce right over the top. Cook for another 3–4 minutes until the chicken reaches a safe internal temperature of 165°F (74°C).

7. Give the sauce a quick taste. Well, look, everyone likes different heat levels, so feel free to add a pinch more salt, pepper, or cayenne if you're feeling bold.

8. Plate the chicken and be generous—spoon every last bit of that remaining buttery sauce over the top.

9. Finish it off with a sprinkle of chopped parsley and a lemon wedge for a little extra zing.

10. Serve it up immediately while it's hot and comforting.

Nutrition per serving

400 kcal	24 g	6 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using chicken thighs is a lifesaver because they stay so much juicier than breasts in a pan sauce.
- Be patient with the butter; keeping the heat low prevents it from breaking or burning.
- Fresh lemon zest makes a world of difference compared to bottled juice.