



PAN-SEARED CHICKEN THIGHS

INGREDIENTS

- 4 2 lbs boneless, skinless chicken thighs
- 1 tbsp extra virgin olive oil or avocado oil
- 3 garlic cloves
- $\frac{2}{3}$ cup chicken broth
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp dried oregano
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- Fresh parsley for garnish (optional)

PREPARATION

1. Prepare the chicken. Pat the chicken thighs dry with paper towels to ensure a crisp, flavorful finish. Season both sides evenly with salt, pepper, garlic powder, garlic cloves, smoked paprika, onion powder and dried oregano.
2. Heat the pan. In a large skillet, heat the olive oil over medium heat until shimmering.
3. Sear the chicken. Place thighs in the hot pan, being sure to give each thigh enough space to flip. Cook undisturbed for 6-7 minutes until the thighs are a deep golden brown.
4. Flip and finish cooking. Turn the chicken over and continue cooking for another 6-8 minutes, or until the internal temperature reaches 165°F.
5. Simmer your sauce. Turn heat to medium-low and slowly add in the chicken broth, beginning with $\frac{1}{4}$ cup. Use a wooden spoon to scrape up chicken bits as the broth deglazes the pan. Allow sauce to thicken until only a thin glaze remains on the bottom of the pan, gently tossing the thighs in the sauce as you go.
6. Rest and serve. Remove the chicken from the pan and let it rest for a few minutes. Garnish with parsley or other fresh herbs, as desired, and serve with your favorite sides.



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