

Helergon Kitchen

Creamy Chicken Thighs with Mushroom Thyme Sauce

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 6 bone-in, skin-on chicken thighs (about 5–6 oz each)
- [ ] 2 tablespoons unsalted butter
- [ ] 1 tablespoon olive oil
- [ ] Sea salt, to taste
- [ ] Freshly ground black pepper, to taste

Mushroom Thyme Sauce

- [ ] 1 small onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 8 oz cremini mushrooms, sliced
- [ ] 1 cup heavy cream
- [ ] 1/2 cup low-fat chicken broth, reduced to 1/4 cup
- [ ] 1 tablespoon fresh thyme leaves

Garnish

- [ ] 1 sprig for garnish
- [ ] 2 tablespoons chopped fresh parsley, for garnish

Instructions

1. Start by seasoning those chicken thighs generously on both sides with sea salt and freshly ground black pepper. I mean, don't be shy with it; it's the secret to a good crust.
2. Heat your olive oil and 1 tablespoon of butter in a large oven-proof skillet over medium-high heat. Wait until that butter starts to foam up nicely.
3. Lay the chicken thighs in the pan skin side down. Now, just let them sear undisturbed until they are a beautiful golden brown, which usually takes about 4-5 minutes.
4. Flip the thighs and cook the other side for 3 minutes. Then, just slide the whole skillet into a preheated oven at 375°F (190 °C). Roast them until the internal temperature hits 165°F, about 15-18 minutes.
5. While the chicken is roasting, set a timer for 3 minutes. Once the time is up and you've pulled the skillet from the oven, remove the chicken to a plate and tent it with foil to keep it warm. Honestly, this gives the meat a little chance to rest.
6. In that same skillet—don't you dare wash it!—add the sliced cremini mushrooms. Sauté them, stirring occasionally, until they release their moisture and get a nice brown color, about 5 minutes.
7. Stir in the finely diced onion and minced garlic. Cook these for 2-3 minutes just until the onion turns translucent and smells wonderful.

8. Now, deglaze the pan with the reduced chicken broth. Use your spoon to scrape up all those lovely browned bits from the bottom; let it reduce by half for about 2-3 minutes.

9. Stir in the heavy cream and fresh thyme leaves. Let it simmer and cook until the sauce thickens slightly, which takes about 4 minutes. Go ahead and taste it; adjust your seasoning if it needs a pinch more salt.

10. Return the chicken thighs to the skillet. Spoon some of that velvety sauce over each piece and finish cooking on the stovetop just until the thighs are done, about 5 minutes. Finish by spooning the remaining sauce over the top. Wow, it looks just like a restaurant dish!

Nutrition per serving

480 kcal	32 g	9 g	34 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry with paper towels first is the best way to ensure the skin gets truly crisp.
- Using a heavy-bottomed pan helps keep the heat steady and prevents the cream from breaking.
- The browned bits in the pan are pure flavor, so make sure to scrape them all up during deglazing.