

Helergon Kitchen

Creamy Garlic Chicken Thighs – Easy One-Pan Dinner

10 min Prep time	**30 min** Cook time	**40 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken Preparation

- [ ] 6 bone-in, skin-on chicken thighs (~1.5 lbs)
- [ ] 1 tablespoon extra-virgin olive oil
- [ ] 1 teaspoon kosher salt
- [ ] 1/2 teaspoon freshly ground black pepper

The Creamy Sauce

- [ ] 4 cloves garlic, minced
- [ ] 1 medium onion, sliced
- [ ] 1 cup heavy cream
- [ ] 1/2 cup low-sodium chicken broth
- [ ] 1 teaspoon Dijon mustard
- [ ] 1 teaspoon dried thyme
- [ ] 1/2 teaspoon dried rosemary
- [ ] 1 tablespoon fresh lemon juice
- [ ] 2 tablespoons unsalted butter
- [ ] 1/4 cup grated Parmesan cheese (optional)

Garnish

- [ ] Fresh parsley, chopped for garnish

Instructions

1. First things first, go ahead and preheat your oven to 425°F (220°C). Now, here is a little secret: take some paper towels and pat those chicken thighs really dry. It sounds simple, but it's the only way to get that lovely, crispy skin we're after.

2. Season both sides of the thighs with your kosher salt and freshly ground black pepper. In your large skillet, heat up the extra-virgin olive oil over medium-high heat. Carefully sear the thighs skin-side down until they're a beautiful golden brown—that should take about 5 minutes. Flip them over and sear the other side for 3 minutes, then just set them aside for a bit.

3. Turn the heat down to medium. Toss in your sliced onion and let them cook until they're translucent, which usually takes about 4 minutes. Then, stir in the minced garlic. Just cook it for another 30 seconds until it smells wonderful in your kitchen.

4. Now, pour in the heavy cream and low-sodium chicken broth. Use your spoon to stir and loosen up all those delicious browned bits from the bottom of the pan. Stir in the Dijon mustard, dried thyme, dried rosemary, and fresh lemon juice, then bring it all to a gentle simmer.

5. Put the chicken thighs back into the skillet. I like to nestle them right into the sauce so the liquids cover at least half of each piece. Dot the tops with unsalted butter and sprinkle over that grated Parmesan cheese if you're using it.

6. Slide the whole skillet into the preheated oven. Bake for 25–30 minutes. You'll know they're done when the chicken reaches an internal temperature of 165°F (74°C) and that sauce has thickened up nicely.

7. Take the pan out of the oven, but wait! Let the thighs rest for 5 minutes. Honestly, it's hard to wait, but it lets the juices redistribute so every bite is moist.

8. Finish it off with a sprinkle of fresh parsley, chopped for garnish. Serve it immediately over your favorite pasta, rice, or mashed potatoes.

Nutrition per serving

480 kcal	30 g	8 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken skin dry before searing creates a crisp, fried texture that can't be replicated with roasted skin alone.
- If you prefer a slightly thicker sauce, whisk in a small amount of cornstarch dissolved in water during Step 4.
- For an extra touch of brightness, squeeze a bit more lemon juice at the very end of cooking—just before serving.