

Helergon Kitchen

Old Bay Chicken Thighs – Easy Weeknight Dinner

10 min Prep time	**35 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 bone-in, skin-on chicken thighs, about 3 lbs
- [ ] 2 tbsp Old Bay seasoning
- [ ] 2 tbsp olive oil
- [ ] 3 garlic cloves, minced
- [ ] Salt and pepper to taste

Butter Glaze & Garnish

- [ ] 2 tbsp unsalted butter
- [ ] 1 lemon, cut into wedges
- [ ] Sprig fresh thyme (optional)

Instructions

1. First things first, let's get that oven warming up to 425°F (220°C). I usually line my baking sheet with parchment or foil—honestly, it just makes the cleanup so much easier later on.
2. Now, take a moment to pat the chicken thighs dry with some paper towels. It's a small step, but it really helps. Season both sides generously with salt, pepper, and those 2 tbsp Old Bay seasoning. Don't be shy with it!
3. Drizzle the olive oil over the thighs, just making sure each piece is lightly coated. Then, sprinkle the minced garlic evenly across the top for that lovely aroma we all love.
4. Heat a small saucepan over medium heat and let the butter melt down. Once it's warm, pour that butter mixture right over the seasoned thighs, coating them well. It adds such a richness, you know?
5. Place your thighs on the baking sheet and pop them in the oven for 20 minutes. After that, flip them over and bake for another 12–15 minutes. You're looking for that beautiful golden brown skin and an internal temperature of 165°F (74°C).
6. Remove them from the oven, but here's the hard part: let the chicken rest for 5 minutes. It's so tempting to dive in, but this locks in all those wonderful juices.
7. Serve the thighs while they're still hot, garnished with fresh lemon wedges and maybe a sprig of fresh thyme if you're feeling fancy.
8. I like to pair these with something wholesome, like roasted vegetables, rice, or a simple green salad. Just depends on what you've got in the fridge!

Nutrition per serving

420 kcal	36 g	4 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using bone-in, skin-on thighs keeps the meat from drying out during the high-heat roast.
- Resting the meat is non-negotiable if you want it tender.
- Old Bay has a distinct salty profile, so taste your seasoning carefully.