Best Grilled Chicken

Juicy boneless chicken thighs with lemon, garlic, and oregano, grilled over medium-high heat.



4 servings

Prep: 10 min
Cook: 12-14 min
Total: About 55 min (includes marinating)

Check the thickest part of a thigh and cook to at least 165°F (74°C); thighs are often most tender at 175°F (79°C).

Ingredients

- 4 boneless, skinless chicken thighs (about 1 1/2 lb / 680 g)
- 1 tbsp olive oil
- 1 lemon, juiced
- 2 garlic cloves, minced
- 1 tsp paprika
- 1 tsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- Lemon wedges and leafy salad, to serve (optional)

Method

1. Make the marinade. Whisk olive oil, lemon juice, garlic, paprika, oregano, salt, and pepper in a bowl.

2. Season the chicken. Coat the thighs evenly. Cover and refrigerate 30 minutes, or up to 4 hours.

3. Heat the grill. Preheat clean grates to medium-high and oil them lightly. Let excess marinade drip off the chicken.

4. Grill. Grill thighs 5-7 minutes per side with the lid closed, turning once, until browned and the thickest part reaches 165°F (74°C) or higher.

5. Rest and serve. Transfer to a clean plate and rest 5 minutes. Serve whole or sliced with lemon and salad.

Tips and storage

Evenly thick thighs cook more consistently. Avoid pressing them on the grill. Refrigerate leftovers within 2 hours and use within 3-4 days. Reheat gently to 165°F (74°C).