Different Ways to Cook Chicken Recipes

Prep: 15 min Cook: 30 min Difficulty: Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp (3 g) salt, adjusted to taste
- 1/4 tsp (0.5 g) ground black pepper
- 1 lemon, cut into wedges

Method

1. Heat oven to 425°F (220°C). Toss chicken with oil, paprika, oregano, salt and pepper. Spread on a baking tray.

2. Roast 22-30 minutes until thickest pieces reach 165°F (74°C). Rest 5 minutes and serve with lemon.

Food safety

Cook raw chicken and reheat cooked chicken to 165°F (74°C), measured with a food thermometer.

This master method roasts thighs. Alternative: pan-cook 6-8 minutes per side, or grill over medium heat; always check 165°F (74°C).

Cooking stages



- Ingredients: chicken thighs, olive oil, paprika, oregano, salt, pepper and lemon.
- Prep: coat chicken with oil and seasonings and arrange on a tray.
- Cooking: roast chicken thighs at 425°F (220°C) until browned and cooked through.
- Finishing: rest the thighs and check the thickest pieces reach 165°F (74°C).
- Serving: serve roasted thighs with lemon wedges.