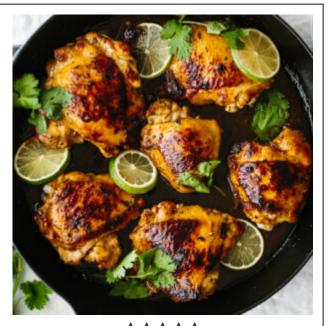
# Cilantro Lime Chicken

Cilantro lime chicken thighs are incredibly juicy and bursting with bright, Latin flavors. This is an easy weeknight meal the entire family will love. **Watch the video above** to see how I make it!

PREP TIME: 5 mins COOK TIME: 25 mins MARINATE: 30 mins TOTAL TIME: 1 hr

COURSE: Main Course CUISINE: Mexican



5 from 29 votes

KEYWORD: baked chicken thighs, chicken thigh recipes SERVINGS: 6 servings

CALORIES: 331kcal AUTHOR: Lisa Bryan

## Ingredients

- · 6 chicken thighs bone-in and skin-on
- · 3 tablespoons olive oil divided
- · 2 limes zested and juiced
- · 3 cloves garlic minced
- 1 tablespoon honey
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- · 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup cilantro leaves chopped

#### Instructions

- 1. In a mixing bowl, whisk together two tablespoons of olive oil, lime juice and zest, cumin, chili powder, minced garlic, honey, salt, pepper, and chopped cilantro. You can also pulse in a food processor until it's combined.
- 2. Combine the marinade and chicken thighs in a bowl or shallow dish. Marinate chicken for 30 minutes to an hour in the fridge.
- 3. When the chicken is done marinating, take it out of the fridge and let it sit for 10-15 minutes at room temperature.
- 4. Preheat your oven to 425 degrees fahrenheit.
- 5. Heat the remaining one tablespoon of olive oil in a large ovenproof skillet over medium-high heat. Sear the chicken for 5-6 minutes with the skin side down, until they're golden brown.

- 6. Then flip the chicken and sear the other side for 2-3 minutes. The chicken will not be fully cooked at this point.
- 7. Transfer the skillet to the oven and bake the chicken thighs for 15-20 minutes or until the internal temperature reaches 160 degrees fahrenheit.
- 8. Remove the chicken from the oven, let it rest for 5 minutes, and garnish with extra lime slices and cilantro leaves before serving.

#### **Notes**

- I always recommend using an oven thermometer since most ovens vary as much as 50 degrees in temperature.
- Experiment with different chili powders in this recipe (and always feel free to add a little more!). Grocery stores are now carrying different varieties of chili powder like guajillo or chipotle.
- My favorite oven-safe pan is this Staub 12" fry pan.

### **Nutrition**

Calories: 331kcal | Carbohydrates: 6g | Protein: 19g | Fat: 26g | Saturated Fat: 6g | Cholesterol: 111mg | Sodium: 479mg | Potassium: 266mg | Fiber: 1g | Sugar: 3g | Vitamin A: 194IU | Vitamin C:

7mg | Calcium: 22mg | Iron: 1mg