

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