

Mediterranean Herb-Crusted Chicken Thighs with Charred Rosemary

Succulent bone-in chicken thighs infused with aromatic herbs and balsamic create a blood sugar-friendly one-pan dinner that's both satisfying and nourishing.

Prep: 15 min

Cook: 40 min

Total: 55 min

Servings: 5

GL 0.8 / GI 14

Ingredients

approximately 5-6 thighs bone-in chicken thighs with skin

fresh rosemary sprigs

extra virgin olive oil

from half a lemon fresh lemon juice

balsamic vinegar

fresh garlic cloves

plus extra for seasoning kosher salt

black pepper

dried oregano

or 1 medium yellow onion, sliced shallots, chopped

fresh lemon, thinly sliced

for garnish logifoodcoach.com/recipes/mediterranean-herb-crusted-chicken-thighs-with-charred-rosemary
fresh parsley, chopped

Instructions

Step 1

Position oven rack to center and preheat to 400°F (200°C). Remove 10 chicken thighs from refrigeration and use paper towels to thoroughly pat them dry, which ensures crispy skin. Set aside at room temperature for 15-20 minutes while preparing the herb marinade.

Step 2

Heat a dry cast iron skillet or heavy-bottomed pan over medium heat. Add 4 rosemary sprigs directly to the dry pan and toast for 3-4 minutes, turning occasionally, until the leaves become fragrant and develop char marks. This intensifies the aromatic oils and creates deeper flavor.

Step 3

Strip the charred rosemary leaves from their woody stems and transfer to a medium mixing bowl. Add 4 tablespoons olive oil, 2 tablespoons freshly squeezed lemon juice, 2 tablespoons balsamic vinegar (a small amount that adds flavor without significantly impacting blood sugar), 4 minced garlic cloves, 1 teaspoon salt, 0.5 teaspoon black pepper, and 1 teaspoon dried oregano. Whisk vigorously until the marinade is well emulsified and aromatic.

Step 4

Heat 1 tablespoon of olive oil in a large oven-safe skillet over medium-high heat until shimmering. Season all 10 chicken thighs lightly with remaining salt, then carefully place them skin-side down in the hot pan, working in batches if necessary. Sear without moving for 8-10 minutes, rotating the pan occasionally for even browning, until the skin turns deeply golden and releases easily from the pan.

Step 5

Carefully pour off excess rendered fat from the pan, leaving about 1 tablespoon for moisture. Flip chicken thighs skin-side up and scatter the 2 finely chopped shallots around them. Generously brush or pour the herb marinade over the chicken and shallots, ensuring even distribution, then tuck lemon slices between the pieces.

Step 6

Transfer the skillet to the preheated oven and roast for 25-30 minutes, until the chicken reaches an internal temperature of 165°F (74°C) at the thickest part, avoiding bone contact with the thermometer. For extra-crispy skin, switch to broil at 500°F for the final 1-2 minutes, watching carefully to prevent burning.

Step 7

Remove pan from oven and transfer chicken to a cutting board. Tent loosely with aluminum foil and allow to rest for 5-10 minutes, which redistributes the juices throughout the meat. Serve 1-2 chicken thighs per person (depending on size and appetite), garnish with freshly chopped parsley, and spoon the pan juices and caramelized shallots over top for maximum flavor.