

Mediterranean Herb-Crusted Chicken Thighs with Charred Rosemary

Succulent bone-in chicken thighs infused with aromatic herbs and tangy balsamic create a blood sugar-friendly dinner that's ready in under an hour with just 50 minutes total time.

Prep: 15 min

Cook: 40 min

Total: 55 min

Servings: 5

GL 0.9 / GI 14

Ingredients

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

fresh rosemary sprigs

plus more for the pan extra virgin olive oil

from half a lemon fresh lemon juice

balsamic vinegar

or 2 teaspoons minced fresh garlic cloves

plus additional pinch for seasoning kosher salt

black pepper

dried oregano

or 1 medium yellow onion, sliced shallots, chopped

fresh lemon, thinly sliced

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for garnish fresh parsley, chopped

Instructions

Step 1

Position oven rack in the center and preheat to 400°F (200°C). Remove chicken thighs from refrigeration and use paper towels to thoroughly pat them dry on all surfaces—this ensures crispy, golden skin. Set aside at room temperature while preparing the herb marinade.

Step 2

Heat a dry cast iron skillet or heavy-bottomed oven-safe pan over medium heat. Add the rosemary sprigs directly to the dry pan and toast for 3-4 minutes, turning occasionally, until the leaves become fragrant and develop char marks. The oils will release and perfume your kitchen beautifully. This charring process intensifies the herb's aromatic compounds without adding any carbohydrates or affecting blood sugar.

Step 3

Strip the charred rosemary leaves from their woody stems and transfer to a medium mixing bowl. Add the olive oil, fresh lemon juice, balsamic vinegar, minced garlic, half teaspoon of salt, black pepper, and dried oregano. Whisk vigorously until the marinade emulsifies into a cohesive dressing. Note that while balsamic vinegar contains natural sugars, the 2 tablespoons used across 5 servings contributes minimal carbohydrates per portion.

Step 4

Add 1 tablespoon of olive oil to your oven-safe skillet and heat over medium-high heat until shimmering. Season the chicken thighs with a generous pinch of salt on both sides. Carefully place them skin-side down in the hot pan, arranging them in a single layer without crowding. Sear undisturbed 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 most of the rendered fat from the pan, leaving about 1 tablespoon behind for moisture and flavor. Flip the chicken thighs skin-side up. Scatter the chopped shallots around the chicken pieces, then generously brush or pour the herb marinade over everything. Tuck the lemon slices between the chicken 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) when measured at the thickest part without touching bone. For extra-crispy skin, switch to broil at 500°F (260°C) for the final 1-2 minutes, watching carefully to prevent burning.

Step 7

Remove the pan from the oven and transfer chicken to a cutting board. Tent loosely with aluminum foil and allow to rest for 5-10 minutes—this redistributes the juices for maximum tenderness. Serve the chicken with the caramelized shallots and pan juices spooned over top, garnished with freshly chopped parsley.