

Helergon Kitchen

Best Paprika Chicken Recipe

10 min Prep time	**30 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken and Rub

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 2 tablespoons olive oil
- [ ] 2 tablespoons smoked paprika
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1/2 teaspoon ground cumin
- [ ] 1/4 teaspoon cayenne pepper (optional)
- [ ] 1 teaspoon kosher salt
- [ ] 1/2 teaspoon freshly ground black pepper
- [ ] 2 tablespoons fresh lemon juice

Pan Sauce and Garnish

- [ ] 1 cup low-sodium chicken broth
- [ ] 2 small garlic cloves, smashed
- [ ] Fresh parsley, chopped, for garnish
- [ ] Lemon wedges, for serving

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). Now, take a moment to pat the 4 bone-in, skin-on chicken thighs dry with some paper towels. Honestly, this is the secret to getting that skin just right—crispy and golden.

2. In a small bowl, whisk together the 2 tablespoons olive oil, 2 tablespoons smoked paprika, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon ground cumin, 1/4 teaspoon cayenne pepper (if you're feeling a bit spicy), 1 teaspoon kosher salt, 1/2 teaspoon freshly ground black pepper, and 2 tablespoons fresh lemon juice. It smells so wonderful already.

3. Toss those chicken thighs in the spice mixture until they're fully coated. Place them skin-side up on a lightly greased baking sheet or in a cast-iron skillet. I like to just tuck the 2 small garlic cloves, smashed, around the chicken pieces for a bit of extra aroma.

4. Roast them in the oven for 25–30 minutes. I usually turn them once halfway through, just to make sure they're cooking evenly. You're looking for a deep golden brown skin and juices that run clear. Well, look, always check with a meat thermometer; you want that internal temperature to hit 165°F (74°C).

5. Carefully remove the skillet from the oven and move the chicken over to a cutting board. Tent them loosely with some foil and just let them rest for about 5 minutes. It's hard to wait, I know, but it lets those juices redistribute so the meat stays tender.

6 While the chicken is resting, place your skillet back on the stovetop over medium heat. Pour in the 1 cup low-sodium chicken broth, scraping up all those lovely browned bits from the bottom—that's where the flavor lives! Simmer for 2–3 minutes until it reduces a bit, then spoon that sauce right over your rested chicken.

7 Finish it off by sprinkling some chopped parsley over the top and serve it up immediately with lemon wedges on the side. Oh, and a little house tip: wipe the oven door with a damp cloth afterward to keep the kitchen smelling fresh.

Nutrition per serving

420 kcal	34 g	6 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is essential for crispy skin.
- Letting the meat rest for 5 minutes prevents the juices from running out.
- Deglazing the pan with broth captures all the concentrated flavor from the roasting process.