

Crispy Baked Chicken Thighs (Foolproof 45-Minute Recipe)

Affordable, family-friendly ingredients

OVEN
425°F

TIME
45 min

TEMP
175°F

METHOD
Air fryer

INGREDIENTS

6 bone-in, skin-on chicken thighs
1 tablespoon olive oil
1 teaspoon kosher salt
½ teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon paprika
½ teaspoon onion powder
½ teaspoon dried thyme

Ingredient Notes & Swaps:

Paprika: Use smoked paprika for a deeper, smoky flavor.

Thyme: Swap with rosemary or Italian seasoning.

Spice Boost: Add cayenne for heat.

Boneless thighs: Reduce cooking time by about 5-7 minutes.

DIRECTIONS

1. Preheat the : OvenSet your oven to 425°F. Line a baking sheet with foil and place a wire rack on top for maximum airflow and crispiness.
2. Dry the : Chicken ThoroughlyPat the chicken thighs completely dry with paper towels. This is the key step for crispy skin.
3. Oil the : ChickenRub olive oil evenly over all sides.
4. Season : GenerouslyIn a small bowl, mix salt, pepper, garlic powder, paprika, onion powder, and thyme. Sprinkle evenly over both sides, focusing on the skin.
5. Bake : Skin-Side UpArrange thighs on the rack and bake for 35-40 minutes, until the skin is deeply golden and the internal temperature reaches 175°F.
6. Optional : Broil FinishBroil for 2-3 minutes for extra crispiness-watch closely.
7. Rest : Before ServingLet the chicken rest for 5 minutes to lock in juices.

SWAPS & NOTES

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Step-by-Step Instructions Preheat the Oven Set your oven to 425°F.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-baked-chicken-thighs-foolproof-45-minute-recipe/>