

Juicy Grilled Chicken Thigh Recipes (Ready in 30 Minutes)

There are many reasons why these grilled chicken thigh recipes stand out. Here are just a few:



OVEN
375°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

6 boneless, skinless chicken thighs
Marinade or seasoning of your choice
Olive oil
Salt and pepper

DIRECTIONS

1. Start by marinating your chicken thighs in your chosen marinade for at least 30 minutes, or up to 24 hours for maximum flavor.
2. Preheat your grill to medium-high heat.
3. Remove the chicken thighs from the marinade and pat them dry with paper towels.
4. Brush the chicken thighs with olive oil and season with salt and pepper.
5. Place the chicken thighs on the grill and cook for 8-10 minutes on each side, or until the internal temperature reaches 165°F.
6. Remove the chicken from the grill and let it rest for 5 minutes before serving.
7. Pro tip: To get those beautiful grill marks, resist the urge to move the chicken around too much while it's cooking. Let it sit for a few minutes before flipping.

TIPS FOR SUCCESS

Here are some additional tips and variations to make these grilled chicken thigh recipes even more delicious: For a smoky flavor, add a few wood chips to your grill before cooking the chicken.

Experiment with different marinades and seasonings, such as teriyaki, BBQ, or lemon pepper.

If you don't have a grill, you can also cook these chicken thighs in a grill pan on the stove or in the oven at 375°F for 20-25 minutes.

For a healthier option, remove the skin from the chicken thighs before cooking.

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

Original recipe: <https://chefmaniac.com/juicy-grilled-chicken-thigh-recipes-ready-in-30-minutes/>