Herbed Baked Chicken Thighs with Roasted Broccoli

Juicy oven-baked chicken thighs seasoned with herbs, paired with crispy roasted broccoli for a low-carb, high-protein meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 50 minutes

Ingredients

- 4 bone-in, skin-on chicken thighs (about 1.5 lbs)
- 1 large head broccoli, cut into florets (about 4 cups)
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1/2 tsp salt, divided
- 1/2 tsp black pepper, divided
- 1/4 tsp crushed red pepper flakes (optional)
- 1 lemon, sliced
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 425°F (220°C).
2. In a small bowl, mix garlic powder, smoked paprika, dried thyme, 1/4 tsp salt, and 1/4 tsp black pepper.
3. Pat chicken thighs dry with paper towels. Rub the chicken with 1 tbsp olive oil and the spice mixture evenly on all sides.
4. Place chicken thighs skin side up on a rimmed baking sheet.
5. In a large bowl, toss broccoli florets with remaining 1 tbsp olive oil, 1/4 tsp salt, 1/4 tsp black pepper, and crushed red pepper flakes if using.
6. Arrange broccoli around the chicken on the baking sheet. Place lemon slices over chicken and broccoli.
7. Bake for 35-40 minutes until chicken reaches an internal temperature of 165°F and broccoli is tender with crispy edges.
8. Remove from oven and let chicken rest for 5 minutes. Garnish with fresh parsley if desired before serving.

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