Herbed Roasted Chicken Thighs with Zucchini

Juicy roasted chicken thighs paired with tender zucchini, infused with fresh herbs for a healthy, low-carb meal.

Servings: 2 **Time:** 40 minutes

Ingredients

- 4 bone-in, skin-on chicken thighs (about 1.5 lbs)
- 2 medium zucchinis, sliced into ½-inch rounds
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ½ tsp smoked paprika
- Salt and black pepper to taste
- 1 tbsp fresh parsley, chopped (optional)
- 1 lemon, cut into wedges

Instructions

1. Preheat oven to 425°F.
2. Pat chicken thighs dry with paper towels. Season both sides with salt, pepper, smoked paprika, thyme, and rosemary.
3. In a large bowl, toss zucchini slices with 1 tbsp olive oil, minced garlic, salt, and pepper.
4. Heat 1 tbsp olive oil in an oven-safe skillet over medium-high heat on the stovetop.
5. Place chicken thighs skin-side down in the skillet and sear for 5 minutes until skin is golden brown.
6. Flip chicken thighs and scatter the zucchini around them in the skillet.
7. Transfer the skillet to the oven and roast for 20-25 minutes, or until chicken reaches an internal temperature of 165°F and zucchini is tender.
8. Remove from oven and let rest for 5 minutes. Sprinkle fresh parsley over the top and serve with lemon wedges.

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