

YIELD: 4

INDIAN SPICE RUBBED CHICKEN THIGHS

Indian spices are rubbed onto chicken thighs and roasted until brown and crispy for a quick and easy meal.



prep time
5 MINUTES

cook time
25 MINUTES

total time
30 MINUTES

INGREDIENTS

- 2 teaspoons mild yellow curry powder
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cardamom
- 1 teaspoon paprika
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 4 chicken thighs, skin on, bone-in
- 1 tablespoon vegetable oil

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INSTRUCTIONS

1. Preheat oven to 400°F/200°C.
2. To a small bowl add all of the spices and salt, mix well.

3. If the skin is wrapped to the under-side of the thigh, trim this off.
4. Coat the thighs with the 2 teaspoons oil. Rub the spice rub onto the chicken thighs on all sides, lift the skin a little and put some under the skin, but be careful you don't peel too much back.
5. Add the 1 tablespoon oil to an oven-proof sauté pan over medium heat. When the oil starts to ripple, add the thighs skin side down and cook for about 8-10 minutes.
6. Turn the thighs over and cook for another 5 minutes.
7. Transfer the pan to the oven and cook for 10 minutes, or until the internal temperature reaches 180°F/82 °C, depending on the size of your chicken thighs.
8. Serve warm with your favorite side dish.

NUTRITION INFORMATION

Yield 4

Serving Size 1 thigh

Amount Per Serving

Calories 288

Saturated Fat 7g

Cholesterol 110mg

Sodium 670mg

Carbohydrates 2g

Protein 18g

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