

Reckless In The Kitchen

Lemon Oregano Roasted Chicken

Ingredients:

- 4-5 chicken thighs
- salt
- pepper
- 2 Tbsp olive oil
- 1 1/2 c carrots, baby carrots, or cut into 2 inch pieces
- 1 lemon, cut into quarters
- oregano

Directions:

Preheat your oven to 400 degrees. Pat dry the chicken thighs with a paper towel and place on a plate. Sprinkle the chicken thighs with salt and pepper. Heat 2 tablespoons of olive oil in an oven safe pan over medium-high heat. Once the oil is shiny and easily coats the bottom of the pan place the chicken thighs, skin side down, on the the pan. Allow them to brown for 6 minutes. Carefully flip the chicken and brown the bottom of the chicken thighs for 6 minutes.

Toss the carrots in a small amount of olive oil and add them to the pan around the chicken thighs. Squeeze the lemon slices over the entire pan (be careful, this will splatter a bit), place the lemon slices in the pan on top of the vegetables.

Sprinkle oregano on the chicken thighs and then place the pan (uncovered) in the oven and roast for 18-20 minutes (depending on the size of the chicken thighs).

The chicken is finished when it reaches an internal temperature of 165.

Let the chicken rest for 5-10 minutes before serving.