



Oven34Fried34 Chicken Thighs

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

Ovenfried chicken thighs are the perfect goto dinner Theyre budgetfriendly and can be a complete meal when served over rice quinoa or with a fresh salad

Ingredients

- - 2 cups all-purpose flour - 2 pinches cayenne pepper
- divided
- or to taste - 2 pinches garlic powder
- divided
- or to taste - salt and ground black pepper to taste - 3 large eggs - 2 cups panko bread crumbs - salt and pepper to taste - 6 chicken thighs

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking pan with parchment paper. Combine flour
2. 1 pinch cayenne
3. 1 pinch garlic powder
4. salt
5. and pepper in a shallow bowl. Beat eggs in a second bowl. Combine panko bread crumbs with remaining 1 pinch cayenne
6. remaining 1 pinch garlic powder
7. salt
8. and pepper in a third bowl. Dredge chicken thighs in flour mixture; shake off excess. Dip into egg
9. then press into panko mixture to coat both sides. Transfer breaded thighs to the prepared pan. Bake thighs in the preheated oven until golden brown and no longer pink in center
10. about 40 minutes. An instant-read thermometer inserted near bone should read 165 degrees F (74 degrees C). Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary.