MEXICAN · DINNER

Cilantro Lime Chicken Thighs

75 min · Serves 6 · 318 kcal a serve · Video 5:56 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

25 g protein and 4 g net carbs a thigh: bone-in chicken marinated in lime, cilantro, garlic, cumin and chili with just 1 tbsp honey for six, then seared and oven-finished. No flour or dairy.

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Ingredients 10 · SERVES 6

- [ ] 6 **chicken thighs**, bone-in and skin-on
- [ ] 4 g chopped **cilantro leaves**
- [ ] 2 **limes**, zested and juiced
- [ ] 3 **garlic** cloves, minced
- [ ] 3 tbsp **olive oil**, divided
- [ ] 1 tsp **ground cumin**
- [ ] ½ tsp **chili powder**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] 1 tbsp **honey**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop the cilantro and put it in a bowl with the zest and juice of both limes, the garlic, olive oil, cumin, chili powder, salt, pepper and honey. Whisk together. 1:05
2. Pour the marinade over the chicken thighs, rub it in well and refrigerate 30 minutes to an hour. 2:29
3. Heat the oven to 220°C and an ovenproof frying pan over medium-high heat with a little oil. 2:42
4. Lay the thighs in skin side down and sear 5–6 minutes, until deep golden, then turn and sear 2–3 minutes more. 3:08
5. Move the pan to the oven and bake 15–18 minutes, until an instant-read thermometer shows 74°C in the thickest part. Serve with lime slices and cilantro. 3:40

> **Tip** Get the skin properly golden in the pan; it hardly colours more in the oven.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
318 kcal	**25** g	**4.7** g	**0.3** g	**22** g	**480** mg
1,330 kJ	49% of a day	4.4 g net · 3.1 g sugars	1% of a day	5.3 g saturated	21% of a day
		2% of a day		29% of a day	

Energy from net carbs 6% · protein 32% · fat 62% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 43% · Zinc 20% · Vitamin B6 20%

Source of (10–19%) Vitamin B12 13% · Omega-3 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=o9W8SR3a5Cs. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-cilantro-lime-chicken-thighs