GREEK · DINNER

Greek Lemon Chicken Thighs

120 min · Serves 8 · 327 kcal a serve · Video 6:14 · Downshiftology

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

25 g protein and about 1 g net carbs a thigh: chicken marinated in olive oil, lemon, garlic, oregano and thyme, then baked in its own juices. No sugar, flour or dairy.

Diet notes: Keto (1.3 g net carbs a serve).

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Ingredients 9 · SERVES 8

- [ ] 8 **bone-in chicken thighs**
- [ ] 80 ml extra **virgin olive oil**
- [ ] 60 ml **fresh lemon juice**
- [ ] 4 **garlic** cloves, minced
- [ ] 1 tbsp **dried oregano**
- [ ] 2 tsp **dried thyme**
- [ ] 2 tsp **Dijon mustard**
- [ ] 2 tsp **kosher salt**
- [ ] 1 tsp **ground black pepper**

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

Allergens found in the listed ingredients: Mustard. 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. Whisk the olive oil, lemon juice, garlic, oregano, thyme, mustard, salt and pepper together until it thickens like a dressing. 0:33
2. Put the chicken thighs in a bowl or zip-top bag, pour the marinade over and turn them until coated. Refrigerate at least 1–2 hours (up to 8). 1:06
3. Lay the thighs side by side in a 23 × 33 cm baking dish and spoon any marinade left in the bowl over the top. 1:47
4. Bake at 180°C for 40–45 minutes, until an instant-read thermometer shows 80°C in the thickest part. 2:05
5. Baste with the pan juices a few times as they bake; for crisper skin, put them under the grill (broiler) for the last 2–3 minutes. 2:22
6. Serve with the pan juices and lemon slices. 4:48

> **Tip** Thighs stay juicy even if they go a few minutes over, which makes them more forgiving than breasts for this long, gentle bake.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
327 kcal 1,370 kJ	25 g 49% of a day	1.7 g 1.3 g net · 0.2 g sugars 1% of a day	0.4 g 2% of a day	25 g 5.6 g saturated 31% of a day	680 mg 30% of a day

Energy from net carbs 2% · protein 30% · fat 68% — fits keto: 1.3 g net carbs, 68% of the energy from fat

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

Source of (10–19%) Vitamin B12 13% · Omega-3 13% · Vitamin E 12% · Vitamin K 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=Y3YEtkKbmuI. 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-greek-lemon-chicken-thighs