GREEK · DINNER

Greek Roast Chicken Thighs in Tomato-Oregano Marinade

60 min · Serves 4 · 373 kcal a serve · Video 4:48 · Dimitra's Dishes

Gluten-free ingredients · Dairy-free · Nut-free

Skin-on chicken thighs roasted in an olive oil, tomato and oregano marinade: plenty of protein, no flour and only a few grams of carbohydrate.

Diet notes: Keto (4.4 g net carbs a serve).

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Ingredients

10 · SERVES 4

- [ ] 4 **chicken thighs**, bone-in and skin-on
- [ ] 3–4 tbsp **olive oil**
- [ ] 2 tbsp **tomato paste**
- [ ] 4 **garlic** cloves, grated
- [ ] 3 tbsp **balsamic vinegar** (white or dark)
- [ ] 1–2 heaped tsp **dried oregano**
- [ ] ¼ tsp **ground cinnamon**
- [ ] ¼ tsp **crushed red pepper flakes**
- [ ] **salt**, to taste
- [ ] **freshly cracked black pepper**

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220 °C and line a baking tray with baking paper or foil.
2. Whisk the olive oil, tomato paste, garlic, balsamic vinegar, oregano, cinnamon, chilli flakes, salt and pepper into a thick marinade; loosen with a splash more vinegar if needed. 1:08
3. Pat the chicken dry and rub the marinade all over both sides. Leave at least 15 minutes, or marinate a few hours or overnight in the fridge. 2:06
4. Lay the thighs skin-side up on the tray and roast about 35 minutes, until the skin is golden and the thickest part reaches 74 °C. Grill for the last 2–3 minutes for extra-crisp skin. 2:29
5. Rest 5 minutes, then spoon the tomatoey pan juices over the chicken. 3:27

> **Tip** Serves 4 (one thigh each) and the 180 g raw bone-in thighs are our estimates. In the video she uses about 6 thighs and white balsamic. For keto, serve with tzatziki and salad, not rice.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
373 kcal	26 g	5.2 g	0.8 g	28 g	490 mg
1,560 kJ	51% of a day	4.4 g net · 2.8 g sugars	3% of a day	6 g saturated	21% of a day
		2% of a day		35% of a day	

Energy from net carbs 5% · protein 28% · fat 67% — fits keto: 4.4 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 44% · Vitamin B6 22% · Zinc 21%

Source of (10–19%) Vitamin E 17% · Omega-3 14% · Vitamin B12 13% · Vitamin K 12% · Iron 10%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=Cpx0cqhR3_k, published 14 February 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/greek-roast-chicken-thighs-tomato-marinade