

Yucatan Marinated Chicken Thighs

Serves: 6

Ingredients

- ✓ 6 chicken thighs, bone-in, skin-on
- ✓ 1 tbsp paprika
- ✓ 1/2 tsp ground cumin
- ✓ 1/8 tsp nutmeg
- ✓ 1/8 tsp ground cloves
- ✓ 1/4 tsp ground cinnamon
- ✓ 1/4 tsp black pepper
- ✓ Juice of 1/2 lime
- ✓ 1/2 cup pineapple juice
- ✓ 1/2 cup orange juice
- ✓ 1 jalapeño, seeded
- ✓ 2 garlic cloves, smashed
- ✓ Oil, just enough to coat the chicken
- ✓ Salt

Instructions

1. Place the chicken thighs in a bowl. Add a small drizzle of oil and salt. Mix to coat evenly.

2. In another bowl, mix paprika, cumin, nutmeg, cloves, cinnamon, and black pepper. Add lime juice, pineapple juice, and orange juice. Mix well.
3. Pour this mixture over the chicken and massage so all pieces are well coated.
4. Transfer everything into a zip bag. Add the jalapeño and garlic. Remove excess air, seal, and refrigerate overnight.

The Next Day

5. Preheat oven to **400°F (200°C)**.
6. Remove chicken from marinade and shake off excess. Discard marinade.
7. Let chicken sit at room temperature for **20 minutes**.
8. Heat a little oil in an oven-proof skillet until very hot. Sear chicken **3 minutes per side** until nicely browned.
9. Cover the pan and place in the oven for **30 minutes**.
10. Remove the lid and cook **10 more minutes**.
11. Remove from oven, cover, and let rest **10 minutes** before cutting.

Flavor Profile

- Citrusy, lightly sweet, warmly spiced
- Caramelized skin from the sear
- Tender, juicy interior from the marinade and gentle oven finish

Perfect for tacos or served with rice and beans.

Nutritional Information (per thigh, approximate)

- Calories: **330 kcal**
- Protein: **24 g**
- Fat: **24 g**
- Carbohydrates: **5 g**

- Sugar: **3 g**
- Fiber: **0 g**
- Sodium: **320 mg**

Values will vary slightly depending on thigh size and how much marinade clings after searing.