

# Easy Boneless Chicken Thighs

★ 4.0 • Serves 4

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## INGREDIENTS

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- 4 boneless, skinless chicken thighs (about 1 pound), patted dry
- Salt and pepper
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- 1 tablespoon extra-virgin olive oil

## STEPS

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1. Season the chicken all over with salt and pepper. Coat with the olive oil.
2. Heat a large skillet over medium-high. When the skillet just starts to smoke, add the chicken flat side down and cook, pressing down occasionally with tongs, until golden-brown and opaque halfway up the sides, 5 to 7 minutes. Flip and cook until cooked through (at least 165 degrees in the thickest part), 3 to 5 minutes.

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Source: <https://cooking.nytimes.com/recipes/1025152-easy-boneless-chicken-thighs>