



Chimichurri Chicken Thighs Pasta is a fusion of bold Latin American flavors and Italian comfort food. The dish stars juicy, [seasoned chicken](#) thighs cooked to perfection and drizzled with chimichurri sauce—a zesty Argentinian condiment made from fresh herbs, garlic, tangy vinegar, and olive oil. Combined with pasta, this recipe strikes a balance between earthy richness and refreshing vibrance.

This dish is perfect for food enthusiasts who crave both simplicity and culinary flair, offering just the right mix of easy preparation and mouthwatering results.

Ingredients Needed for Chimichurri Chicken Thighs Pasta Recipe

To make this flavorful dish, you'll need the following ingredients—most of which are pantry staples or easily sourced from your local store.

For the Pasta:

- **Pasta:** 12 oz (penne, spaghetti, or fettuccine work well)
- **Salt:** For the pasta water

For the Chicken Thighs:

- **Chicken Thighs:** 4-5 skinless, boneless thighs
- **Olive Oil:** 2 tablespoons for cooking
- **Salt & Pepper:** To season
- **Paprika:** 1 teaspoon for extra flavor

For the Chimichurri Sauce:

- **Fresh Parsley:** 1 cup, finely chopped
- **Fresh Cilantro (optional):** ½ cup
- **Garlic:** 2-3 cloves, minced
- **Red Wine Vinegar:** 2 tablespoons
- **Olive Oil:** ¼ cup
- **Red Chili Flakes:** ½ teaspoon (adjust to taste)
- **Lemon Juice:** 1 tablespoon
- **Salt & Pepper:** To taste



Optional Toppings:

- **Parmesan Cheese:** Grated, for garnishing
- **Cherry Tomatoes:** Sliced, for a burst of sweetness

Step-by-Step Guide to Preparing Chimichurri Chicken Thighs Pasta

Step 1: Make the Chimichurri Sauce

1. Finely chop parsley, cilantro (if using), and garlic.
2. Combine them in a bowl and add red wine vinegar, olive oil, lemon juice, red chili flakes, salt, and pepper.
3. Mix well. Taste and adjust seasoning as needed. Pro tip: A bit more vinegar can give it that extra tangy kick.

Step 2: Cook the Pasta

1. Bring a large pot of water to a boil, add a generous pinch of salt, and cook your pasta according to package instructions until al dente.
2. Reserve ½ cup of pasta water before draining.

Step 3: Prepare the Chicken Thighs

1. Pat chicken thighs dry and season with salt, pepper, and paprika.
2. Heat olive oil in a skillet over medium heat.
3. Cook the chicken thighs for 5-6 minutes per side or until golden brown and fully cooked (internal temperature of 165°F).
4. Remove from the skillet and set aside.

Step 4: Combine Pasta, Sauce, and Chicken

1. Toss the cooked pasta with the reserved pasta water and a few tablespoons of chimichurri sauce.
2. Arrange the chicken thighs on top of the pasta and drizzle more chimichurri sauce over the dish.



How to Make the Perfect Chimichurri Sauce for Your Pasta

Ingredients

- 1 cup fresh parsley, finely chopped
- 1/4 cup fresh cilantro, finely chopped (optional)
- 4 garlic cloves, minced
- 2 tablespoons red wine vinegar
- 1/2 cup olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- Salt and pepper to taste

Instructions

1. Prepare the Herbs

- Finely chop the parsley and cilantro (if using) and add them to a mixing bowl.

2. Mix the Aromatics

- Add the minced garlic, red wine vinegar, and olive oil to the bowl with the herbs. Stir to combine.

3. Season

- Add the dried oregano, red pepper flakes (optional), and season with salt and pepper according to your preference.

4. Adjust Consistency

- If you prefer a thinner sauce, add a small amount of water or additional olive oil until the desired consistency is reached.

5. Rest and Serve

- Allow the sauce to sit for at least 10 minutes to let the flavors meld together before using it with your pasta dish.

This vibrant sauce will elevate your pasta meal with its fresh, bold, and zesty flavors!



Cooking Chimichurri Chicken Thighs in the Oven

Prefer to bake instead of pan-frying? Here's how:

1. Preheat your oven to 400°F (200°C).
2. Place seasoned chicken thighs on a baking sheet lined with parchment paper.
3. Cook for 20 to 25 minutes, or until the internal temperature hits 165°F.

Air Fryer Chimichurri Chicken Thighs: Quick and Easy Method

For a faster and hassle-free way to cook chimichurri chicken thighs, try using an air fryer! Follow these simple steps:

1. Preheat your air fryer to 375°F (190°C).
2. Spray the air fryer basket with a light coating of oil to avoid sticking.
Arrange the seasoned chicken thighs in a single layer inside the basket.
Cook for 18 to 20 minutes, flipping the chicken halfway through, until it reaches an internal temperature of 165°F.
Take the chicken out of the air fryer and let it rest for a few minutes before serving.

Enjoy crispy and flavorful chicken thighs with this quick air fryer method!

The Best Sides to Serve with Chimichurri Chicken Thighs Pasta

Enhance your meal with these delicious side dishes:

- **Roasted Vegetables:** Think zucchini, carrots, or bell peppers.
- **Garlic Bread:** Perfect for soaking up any leftover chimichurri sauce.
- **Simple Green Salad:** Toss greens with a light vinaigrette for balance.
- **Grilled Corn on the Cob:** A smoky, flavorful addition.

Tips for Achieving Juicy Chicken Thighs and Al Dente



Pasta

1. **Don't Skip the Marinade:** Allow the chicken thighs to sit with a bit of chimichurri sauce before cooking.
2. **Use High Heat for Searing:** This ensures a golden exterior while locking in juices.
3. **Cook Pasta Just Right:** Aim for a firm bite—overcooked pasta can make the dish feel heavy.

Health Benefits of Chimichurri Chicken Thighs Pasta Ingredients

This dish not only delivers amazing flavor but also offers numerous health benefits:

- **Parsley and Cilantro:** Rich in antioxidants and packed with essential vitamins such as A and C.
- **Olive Oil:** A source of healthy fats that contribute to heart health.
- **Chicken Thighs:** A great source of protein and essential minerals.
- **Whole-Grain Pasta (optional):** Boosts fiber for better digestion.

Conclusion

Chimichurri Chicken Thighs Pasta is a dynamic dish that brings together bold flavors and wholesome ingredients for a meal that's both satisfying and nutritious. Whether you're preparing it for a weeknight dinner or a special occasion, this recipe provides a perfect balance of taste and health benefits. With its vibrant chimichurri sauce, tender chicken thighs, and the option to incorporate [whole-grain pasta](#), it's a versatile and crowd-pleasing choice that you'll find yourself returning to time and again.

Frequently Asked Questions

Can I use a different protein instead of chicken thighs?

Absolutely! This recipe works wonderfully with shrimp, tofu, or even salmon.



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How long does chimichurri sauce last?

Store it in an airtight container in the fridge for up to one week.

Can I make this recipe dairy-free or gluten-free?

Yes! Use gluten-free pasta and skip the Parmesan for a dairy-free alternative.

Is this recipe beginner-friendly?

Totally! The steps are straightforward, and the vibrant flavors will make you feel like a pro chef.