

Honey Garlic Chicken Thighs

15-minute one-pan dinner. Pantry glaze. Dark meat that forgives you.

Prep: 2 min

Cook: 13 min

Total: 15 min

Serves: 4 to 6

INGREDIENTS

For the chicken

6 to 8 bone-in, skin-on chicken thighs (2 to 2.5 lbs)
1 tbsp olive oil
Salt and black pepper, to taste

For the glaze

1/4 cup honey
1/4 cup soy sauce (or tamari, or coconut aminos)
6 cloves garlic, minced (or 2 tbsp jarred)
1 tbsp rice vinegar (apple cider in a pinch)
1 tbsp grated fresh ginger (or 1 tsp ground)
1/2 tsp red pepper flakes (optional)

To finish

2 tbsp sliced green onions
1 tbsp sesame seeds (optional)

METHOD

1. Prep (1 min)

Pat thighs dry. Season both sides with salt and pepper. Preheat oven to 425°F.

2. Make the glaze (1 min)

Whisk honey, soy sauce, garlic, vinegar, ginger, and pepper flakes in a small bowl.

3. Sear (3 min)

Heat olive oil in an oven-safe skillet over medium-high. Sear thighs skin-side down for 3 minutes until golden and crisp.

4. Flip and glaze (1 min)

Flip thighs skin-side up. Pour glaze over the top, coating each one.

5. Bake (8 min)

Transfer skillet to oven. Bake 8 minutes until internal temp hits 165°F at the thickest part, away from bone. Tent with foil if glaze darkens too fast.

6. Rest and serve (2 min)

Rest 2 minutes. Spoon pan sauce over top. Garnish with green onions and sesame seeds.

QUICK SWAPS

Soy sauce: Tamari (gluten-free) or coconut aminos (lower sodium, paleo).

Rice vinegar: Apple cider vinegar. Avoid balsamic, too dominant.

Fresh ginger: 1 tsp ground ginger.

Red pepper flakes: 1 to 2 tbsp sriracha for more heat.

Bone-in thighs: Boneless skinless work. Skip the sear, bake 12 to 15 minutes.

3 THINGS WORTH REMEMBERING

1. Pat the chicken dry before searing. Wet skin steams. Dry skin crisps.
2. Pull at 165°F internal at the thickest part, away from bone. Trust the thermometer over color.
3. If the glaze darkens too fast in the oven, tent with foil. Honey caramelizes faster than chicken cooks.