Honey Garlic Chicken Thighs



This Honey Garlic Chicken Thigh recipe combines crispy, golden bone-in chicken with a sticky, garlicky glaze for a simple dinner the whole family will enjoy.

Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

5 from 6 votes

Course: Main Course Cuisine: American Servings: 5
Calories: 402kcal Author: Ned Adams

Equipment

- Large oven-safe skillet
- Small mixing bowl
- Measuring cups and spoons

Ingredients

- 2 pounds bone-in skin-on chicken thighs
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons olive oil
- ½ cup honey
- ¼ cup chicken stock
- ¼ cup soy sauce
- 6 garlic cloves minced
- ½ teaspoon red pepper flakes

Instructions

1. Preheat oven to 400°F.
2. Heat your oil in a large oven-safe skillet over medium heat. Add the chicken, skin-side down, and cook for 6 to 8 minutes, until golden brown. Flip and cook for an additional 2 minutes.
3. In a small mixing bowl, stir together the honey, chicken stock, soy sauce, garlic, and red pepper flakes. Pour the sauce over the chicken.
4. Place in the oven and cook for 25 minutes.
5. Serve over rice and enjoy.

Notes

- Pat the chicken dry before searing to get crispy, golden skin.
- Preheat the cast iron skillet for an even, flavorful sear.

- Pour the sauce over the chicken evenly to coat every piece.
- Baste the chicken occasionally in the oven to thicken the glaze.

Nutrition

Calories: 402kcal | Carbohydrates: 31g | Protein: 30g | Fat: 18g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Trans Fat: 0.1g | Cholesterol: 94mg | Sodium: 1211mg | Potassium: 545mg | Fiber: 0.4g | Sugar: 28g | Vitamin A: 70IU | Vitamin C: 1mg | Calcium: 40mg | Iron: 1mg

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