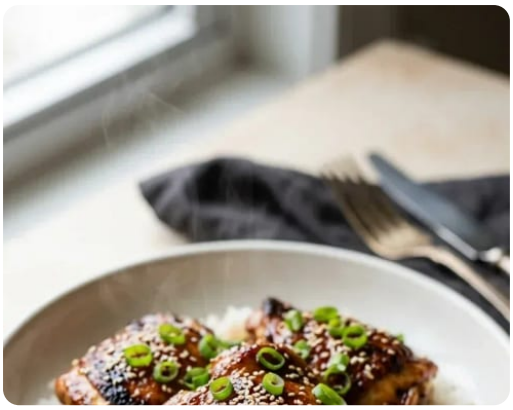


Treasure Barrel

Baked Chicken Thighs in Honey Soy Sauce

10 min Prep time	**40 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Asian-inspired** Cuisine

Ingredients

Chicken & Prep

- [ ] 4 bone-in, skin-on chicken thighs (about 1.5 lbs)
- [ ] 1 tablespoon olive oil
- [ ] Salt and pepper, to taste

Honey Soy Sauce

- [ ] 2 tablespoons honey
- [ ] 3 tablespoons low-sodium soy sauce
- [ ] 1 tablespoon rice vinegar
- [ ] 1 tablespoon minced garlic
- [ ] 1 teaspoon minced fresh ginger
- [ ] 1 teaspoon sesame oil

Garnish

- [ ] 1 tablespoon toasted sesame seeds
- [ ] 1 tablespoon chopped green onions

Instructions

1. First things first, let's get that oven warming up to 400°F (205°C). I always line my baking sheet with aluminum foil or a silicone mat—honestly, it just makes the cleanup so much easier later on.
2. In a mixing bowl, go ahead and whisk together the honey, low-sodium soy sauce, rice vinegar, minced garlic, ginger, and sesame oil. Just stir it until it's all smooth and smelling wonderful.
3. Now, pat those chicken thighs dry with paper towels—this is a little secret for better skin. Season both sides with salt and pepper, then rub them lightly with olive oil.
4. Place your seasoned thighs skin side up on the pan. Brush a generous amount of that honey-soy sauce mixture over each piece, but make sure to reserve a little bit of sauce for later.
5. Pop them in the oven for 35 minutes. Then, take them out quickly to brush the sauce over them one more time before baking for another 5 minutes. You're looking for crisp skin and an internal temperature of 165°F (74°C).
6. Remove the chicken and let it rest on a cutting board for about 5 minutes. I know it's tempting to dive in, but letting the juices redistribute makes such a difference.
7. Finally, sprinkle those toasted sesame seeds and chopped green onions over the top. It adds such a lovely pop of color and a bit of extra flavor.
8. Serve it up immediately with some steamed rice, cauliflower rice, or maybe some sautéed greens. Just a simple, cozy meal.

Nutrition per serving

380 kcal	32 g	14 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is key for that golden finish.
- Reserving sauce for the final glaze adds a beautiful shine.
- Resting the meat prevents it from drying out too quickly.