

Treasure Barrel

Baked Honey Mustard Chicken Thighs

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 bone-in, skin-on chicken thighs (about 2–2.5 lbs)
- [ ] 1 teaspoon salt
- [ ] 1 teaspoon freshly ground black pepper

Honey Mustard Glaze

- [ ] 2 tablespoons extra-virgin olive oil
- [ ] 1/2 cup honey
- [ ] 1/4 cup Dijon mustard
- [ ] 1/4 cup whole-grain mustard
- [ ] 2 tablespoons low-sodium soy sauce
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon lemon zest (optional)

Garnish

- [ ] 1 tablespoon chopped fresh parsley, for garnish

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). I usually line my baking sheet with parchment paper, or if you're using a cast-iron skillet, just a little oil will do the trick to keep things from sticking.

2. Now, take a moment to pat those chicken thighs dry with paper towels. Honestly, it feels like an extra step, but dry skin is just crucial if you want that lovely crispiness. Once they're dry, go ahead and season both sides generously with the salt and pepper.

3. In a bowl, whisk together your honey, Dijon mustard, whole-grain mustard, soy sauce, minced garlic, olive oil, and that optional lemon zest. Just stir it until everything is well blended and smelling wonderful.

4. Brush each thigh with the honey-mustard sauce. Make sure you really coat the skin side thoroughly-that's where the magic happens. Oh, and leave a little bit of sauce on your brush for later.

5. Arrange the coated thighs skin-side up on your prepared pan or skillet. I like to leave a little bit of space between each piece so the heat can circulate and they cook evenly.

6. Pop them in the oven for 20 minutes. Now, here is the trick: after about 15 minutes, take them out quickly and pour that remaining sauce right over the thighs. Slide them back in for the rest of the time to get that glossy, caramelized finish.

7. Keep baking until a meat thermometer shows the thickest part has reached 165°F (74°C), and the skin is a deep, golden brown-usually 35 minutes total. If you're impatient for that crunch and it's not quite there, you can broil them for 1–2 minutes, but wow, watch them closely so they don't burn!

8. Remove the chicken and let it rest on a cooling rack for about 5 minutes. I know it's hard to wait, but resting allows the juices to settle back in, which keeps the meat so moist.

9. Give them a little sprinkle of chopped parsley. It just adds such a fresh pop of color and flavor to the plate.

10. Serve them up immediately with whatever side makes you happy-maybe some roasted veggies or mashed potatoes. The honey-mustard glaze just complements everything beautifully.

Nutrition per serving

420 kcal	26 g	18 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Dry skin is the secret to the perfect crunch.
- Letting the meat rest prevents the juices from running out.
- A meat thermometer removes all the guesswork from the cooking time.