

Treasure Barrel

Honey Garlic Chicken Thighs – Easy Sweet & Savory Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 bone-in skin-on chicken thighs (approx 1½ lb)
- [ ] 2 Tbsp olive oil
- [ ] ½ tsp salt, to taste
- [ ] ¼ tsp freshly ground black pepper

Honey Garlic Glaze

- [ ] 4 cloves garlic, minced
- [ ] ¼ cup honey
- [ ] ¼ cup soy sauce
- [ ] 2 Tbsp apple cider vinegar
- [ ] ½ tsp grated fresh ginger
- [ ] ½ tsp lemon zest
- [ ] 1 Tbsp cornstarch, dissolved in 1 Tbsp water (optional)

Garnish

- [ ] Fresh parsley, chopped, for garnish

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). It just gives the oven a bit of time to get nice and hot.
2. Now, take a paper towel and gently pat those chicken thighs dry. Honestly, this is the secret to a good sear. Once they're dry, season both sides with your ½ tsp salt, to taste and ¼ tsp freshly ground black pepper.
3. Warm up your 2 Tbsp olive oil in the skillet over medium-high heat. Carefully place the thighs skin side down and let them sizzle for 3-4 minutes until they're a lovely golden brown, then flip them over for another 2-3 minutes.
4. While the chicken is doing its thing, grab a small bowl and whisk together your ¼ cup honey, ¼ cup soy sauce, 2 Tbsp apple cider vinegar, 4 cloves garlic, minced, ½ tsp grated fresh ginger, ½ tsp lemon zest, and 1 Tbsp water. It smells wonderful, doesn't it?
5. Go ahead and pour that glaze right over the seared thighs. Use a spoon to make sure every single piece is coated evenly in that sticky goodness.
6. Slide the whole skillet into the preheated oven. Bake them for 20-22 minutes. You're looking for the skin to be crispy and the internal temperature to hit 165°F (74°C).

7. Now, look, if you like your sauce a bit thicker, just remove the chicken. Put the skillet back on medium heat and whisk in your 1 Tbsp cornstarch, dissolved in 1 Tbsp water (optional). Let it simmer for 1-2 minutes until it thickens, then nestle the thighs back in.

8. I know it's tempting, but let the chicken rest for about 5 minutes. It just lets the juices settle back in so the meat stays tender.

9. Sprinkle some Fresh parsley, chopped, for garnish over the top for a little pop of color.

10. Serve your honey garlic chicken thighs while they're hot with whatever sides you love most.

Nutrition per serving

420 kcal	35 g	18 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- The cornstarch slurry is optional, but it really helps if you love a thick, syrupy glaze.
- Make sure your skillet is oven-proof; if not, just transfer the seared chicken and sauce to a baking sheet.
- Don't rush the searing process; that golden skin is where the magic happens.