

Treasure Barrel

Honey Garlic Chicken Thighs

15 min Prep time	**40 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Asian-inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 8 bone-in, skin-on chicken thighs (about 1½ lb)
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon kosher salt
- [ ] ½ teaspoon freshly ground black pepper

Honey Garlic Sauce

- [ ] 1/4 cup (60 ml) honey
- [ ] 1/4 cup (60 ml) soy sauce
- [ ] 3 tablespoons (45 ml) freshly squeezed lemon juice
- [ ] 4 cloves garlic, minced
- [ ] 1 tablespoon grated fresh ginger
- [ ] 1 tablespoon butter, cut into small pieces

Garnish

- [ ] 2 teaspoons minced scallions for garnish

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). I usually line my baking sheet with parchment paper or a little oil; honestly, it just makes the cleanup so much easier and keeps the chicken from sticking.

2. In a large bowl, whisk together your 1/4 cup (60 ml) honey, 1/4 cup (60 ml) soy sauce, 3 tablespoons (45 ml) freshly squeezed lemon juice, 4 cloves garlic, minced, 1 tablespoon grated fresh ginger, 1 teaspoon kosher salt, ½ teaspoon freshly ground black pepper, and 1 tablespoon olive oil. Just stir it until it's all well combined and smelling wonderful.

3. Now, take a moment to pat the 8 bone-in, skin-on chicken thighs (about 1½ lb) dry with some paper towels. I know it seems like a small thing, but it really helps the skin crisp up beautifully while it bakes.

4. Lay those thighs out on your prepared baking sheet and brush each piece generously with that lovely honey-garlic mixture. Make sure to save some of the sauce for later—you'll need it for the finish.

5. Pop them in the oven for 35–40 minutes. Remember to flip them halfway through so they brown evenly. You're looking for golden brown skin and juices that run clear, or until your meat thermometer hits 165°F (74°C).

6. While the chicken is resting for a few minutes, pour those tasty pan juices into a small skillet. Bring them to a gentle simmer over medium heat, then stir in 1 tablespoon butter, cut into small pieces. Let it reduce for about 4–5 minutes until it's thick enough to coat the back of a spoon.

7. Return the thighs to the skillet and baste them with that reduced sauce for another 5 minutes. Wow, this is where the magic happens and the exterior really caramelizes.

8. Remove everything from the heat, sprinkle on your 2 teaspoons minced scallions for garnish, and serve it up immediately. I love it over jasmine rice or some steamed broccoli.

Nutrition per serving

420 kcal	32 g	22 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the thighs dry is the real secret to avoiding soggy skin.
- Letting the meat rest for 5 minutes ensures the juices stay inside the chicken.
- The pan juices are liquid gold—don't let them go to waste!