

Treasure Barrel

Irresistible Bourbon Chicken Recipe

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Chicken

- [ ] 1.5 lbs boneless, skinless chicken thighs, cut into bite-sized pieces
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

The Bourbon Glaze

- [ ] 1 cup chicken broth
- [ ] 1/3 cup bourbon
- [ ] 1/3 cup soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 2 tbsp honey
- [ ] 1 tbsp Dijon mustard
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 1/2 tsp crushed red pepper flakes (optional)

Thickener & Vegetables

- [ ] 1 tbsp cornstarch
- [ ] 1 tbsp water
- [ ] 1 cup sliced bell peppers (red, yellow, green)
- [ ] 1 cup sliced zucchini

Garnish

- [ ] 2 tbsp chopped scallions (white parts)
- [ ] 1 tbsp chopped fresh cilantro (optional)

Instructions

1. First things first, just pat those 1.5 lbs boneless, skinless chicken thighs, cut into bite-sized pieces dry with some paper towels. I've found it helps the sear so much. Give them a little seasoning with salt and pepper and set them aside for a moment.

2. Now, heat 1 tablespoon of olive oil in your large skillet over medium-high heat. Go ahead and add half the chicken pieces in a single layer—don't crowd the pan, or they won't brown. Sear them until they're a lovely golden brown, about 3 minutes per side. Move them to a plate, do the same with the rest, and then set all the pieces aside.

3. In that same skillet—don't wash it, that's where the flavor is!—add the remaining tablespoon of oil. Stir in those 2 cloves garlic, minced, 1 tsp fresh ginger, grated, and those 1/2 tsp crushed red pepper flakes (optional). Just cook for about 30 seconds until it smells wonderful in your kitchen.

4. Pour in the 1/3 cup bourbon. Now, if you're feeling brave, you can carefully flambe the flame by tilting the pan slightly, but honestly, it's optional. Let it simmer for 1 minute to reduce. Then, stir in the 1 cup chicken broth, 1/3 cup soy sauce, 2 tbsp brown sugar, 2 tbsp honey, and 1 tbsp Dijon mustard. Bring it up to a gentle boil, stirring everything together.

5. While the sauce is simmering away, whisk together 1 tbsp cornstarch and 1 tbsp water until it's smooth. Stir this slurry into the sauce and let it thicken up for about 2-3 minutes. It's the perfect time to taste it and adjust the salt and pepper if you think it needs a bit more.

6. Slide all those browned chicken pieces back into the skillet, making sure they're all coated in that glossy sauce. Toss in your 1 cup sliced bell peppers (red, yellow, green) and 1 cup sliced zucchini. Cover the pan and let everything steam together for 6-8 minutes. You're looking for the chicken to hit an internal temperature of 165°F and the vegetables to be just tender-crisp.

7. To finish things off, stir in those 2 tbsp chopped scallions (white parts) and the 1 tbsp chopped fresh cilantro (optional). Then just remove it from the heat.

8. Serve it immediately over some steamed jasmine rice or quinoa. Garnish with a few extra scallions and just enjoy that sweet, savory bourbon tang. Wow, it's just so comforting.

Nutrition per serving

325 kcal	28 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- The bourbon adds a depth of flavor that's hard to replicate, but most of the alcohol cooks off during the simmering and steaming process.
- Using thighs instead of breasts keeps the meat juicy, especially when you're steaming the vegetables in the same pan.
- The cornstarch slurry is key here; it transforms the liquid into a professional-looking glaze that clings to the chicken.