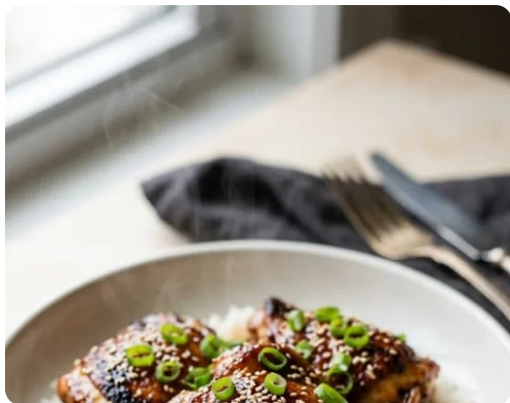




Choco Fever Dream

Baked Chicken Thighs in Honey Soy Sauce

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

Asian-Fusion

Cuisine

Ingredients

The Chicken

- ☐ 8 bone-in, skin-on chicken thighs (about 1.5 lb)
- ☐ 1 tbsp olive oil or neutral cooking oil
- ☐ Salt and freshly ground black pepper to taste

Honey Soy Glaze

- ☐ 1/4 cup honey (60 ml)
- ☐ 1/4 cup low-sodium soy sauce (60 ml)

- ☐ 2 tbsp rice vinegar (30 ml)

- ☐ 2 cloves garlic, minced
- ☐ 1 tsp grated fresh ginger (3 g)
- ☐ 1 tsp sesame oil (5 ml)

For Garnish

- ☐ Optional: 2 green onions, sliced
- ☐ Optional: 1 tbsp toasted sesame seeds

Instructions

- 1 First things first, go ahead and preheat your oven to 400°F (200°C). I like to line my baking sheet with parchment paper or aluminum foil—it just makes the cleanup so much easier, honestly.
- 2 Now, take a few paper towels and pat each chicken thigh dry. It seems like a small thing, but it really helps the skin get that nice color. Season both sides generously with salt and pepper.
- 3 In a small bowl, whisk together your honey, low-sodium soy sauce, rice vinegar, minced garlic, grated ginger, and sesame oil. Just stir it until it's all well mixed and smelling lovely.
- 4 Place those seasoned thighs on your prepared baking sheet, making sure to leave a little space between them. Brush them lightly with about 2 tablespoons of that honey soy mixture.
- 5 Pop them in the oven and bake for 12 minutes. After that, go ahead and reduce the oven heat to 375°F (190°C).
- 6 Brush each thigh again with the remaining glaze. Continue baking for another 10–12 minutes. You're looking for that beautiful golden-brown skin, and a meat thermometer should read 165°F (74°C) in the thickest part.
- 7 Once they're done, remove them from the oven. Well, look, the hardest part is waiting, but let them rest on a wire rack for 5 minutes so the juices settle.
- 8 For a final touch, drizzle any remaining glaze over the chicken. Sprinkle on those sliced green onions and toasted sesame seeds for a bit of color and extra flavor.

Nutrition per serving

380 kcal

Calories

28 g

Protein

18 g

Carbs

22 g

Fat

Tips & notes

- Parchment paper is a lifesaver for these sticky glazes.
- Using a meat thermometer is the only way to be sure they are juicy and safe.
- Don't overcrowd the pan or the chicken will steam instead of roast.