



Choco Fever Dream

Baked Honey Mustard Chicken Thighs

10 min
Prep time

4
Servings

35 min
Cook time

Easy
Difficulty

45 min
Total time
American
Cuisine

Ingredients

Main Ingredients

- ☐ 8 bone-in, skin-on chicken thighs
- ☐ 2 tbsp olive oil

Honey Mustard Glaze

- ☐ 1/4 cup honey
- ☐ 1/4 cup Dijon mustard
- ☐ 1 tbsp whole grain mustard
- ☐ 1 tbsp apple cider vinegar
- ☐ 2 garlic cloves, minced
- ☐ 1 tsp smoked paprika
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp black pepper
- ☐ 1 tbsp fresh thyme leaves, chopped
- ☐ 1 lemon, zest (optional)

Instructions

- 1** First things first, go ahead and preheat your oven to 425°F (220°C). I like to line my baking sheet with parchment paper or just a little bit of oil—it makes the cleanup so much easier, honestly.
- 2** Take a moment to pat the chicken thighs dry with paper towels; it's a small step, but it really matters for the skin. While those are drying, grab a large mixing bowl and whisk together your honey, Dijon mustard, whole grain mustard, apple cider vinegar, minced garlic, smoked paprika, salt, pepper, thyme, and that optional lemon zest until it's all smooth and smelling wonderful.
- 3** Now, just brush that honey-mustard mixture generously over each chicken thigh. Don't be shy—make sure you coat both the skin and the flesh so every bite is flavorful.
- 4** Place your coated thighs skin side up on a wire rack set over your prepared baking sheet. Well, the rack is the secret here; it lets the hot air circulate all around, which helps the skin get that lovely crisp.
- 5** Pop them in the oven for about 30–35 minutes. You're looking for that gorgeous golden brown skin and an internal temperature of 165°F (74°C). If you're feeling it, you can flip the thighs halfway through for a bit of extra crispness.
- 6** Once they're done, remove the chicken and let it rest right there on the rack for 5 minutes. I know it's tempting to dive in, but this rest period lets the juices redistribute, keeping the meat juicy.
- 7** If you've got some glaze left, feel free to drizzle a little extra over the thighs and sprinkle on some fresh herbs just before serving. It looks so pretty this way.

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Serve them up immediately with your favorite sides, or just save some for later.

Nutrition per serving

380 kcal

Calories

28 g

Protein

18 g

Carbs

22 g

Fat

Tips & notes

- Patting the chicken dry is the real key to avoiding soggy skin.
- A meat thermometer is your best friend to ensure the chicken is safe and juicy.
- The wire rack prevents the chicken from simmering in its own juices.