



Choco Fever Dream

Brown Sugar Garlic Chicken Breasts Recipe

15 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

30 min

Total time

American

Cuisine

Ingredients

Chicken and Rub

- ☐ 4 boneless skinless chicken breasts (about 1.5 lbs)
- ☐ 2 tablespoons olive oil
- ☐ 1/4 cup packed light brown sugar
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1/2 teaspoon smoked paprika
- ☐ Salt and freshly ground black pepper, to taste

Glaze

- ☐ 1/4 cup soy sauce
- ☐ 2 cloves garlic, minced
- ☐ 1 tablespoon fresh ginger, grated
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons water, for slurry

Garnish

- ☐ 2 tablespoons chopped fresh parsley or scallions, for garnish

Instructions

- 1 First things first, preheat your oven to 400°F (200°C). Now, take a moment to pat those 4 boneless skinless chicken breasts dry—it really helps the seasoning stick. Season both sides generously with salt and freshly ground black pepper.
- 2 In a small bowl, whisk together the 1/4 cup packed light brown sugar, 1 teaspoon garlic powder, 1 teaspoon onion powder, and 1/2 teaspoon smoked paprika. Toss the chicken in this mixture until it's all evenly coated and looks lovely.
- 3 Heat the 2 tablespoons olive oil in your skillet over medium-high heat. Sear the chicken for 3–4 minutes per side until they get a beautiful golden brown color, then just remove the skillet from the heat for a second.
- 4 Add the 2 cloves garlic, minced and 1 tablespoon fresh ginger, grated to the skillet. Give it a stir for about 30 seconds; you'll know it's ready when it smells absolutely wonderful.
- 5 Whisk in the 1/4 cup soy sauce, 1 tablespoon honey, 1/4 cup water, and just a splash of that leftover brown sugar mixture from earlier. Bring it to a gentle simmer, stirring until the sugar dissolves.
- 6 Mix the 2 teaspoons cornstarch with 2 teaspoons water to create a little slurry, then whisk it into the sauce. Cook for another 1–2 minutes—you'll see the sauce start to thicken up nicely.

- 7 Return the chicken to the skillet, spooning that glossy sauce over each breast. Now, transfer the skillet directly into the oven and bake for 10 minutes, or until your thermometer says the internal temperature is 165°F (74°C).
- 8 Remove the skillet from the oven and let the chicken rest for 5 minutes—patience is key here! Spoon any remaining sauce onto the plates and sprinkle with 2 tablespoons chopped fresh parsley or scallions.
- 9 Now, if you're like me and love a slightly crispier finish, go ahead and switch the oven to broil. Cook for an additional 1–2 minutes, but wow, watch it closely so it doesn't burn!
- 10 Finally, serve the chicken hot over steamed rice or a bed of sautéed greens. Enjoy that sweet-savory glaze!

Nutrition per serving

380 kcal

Calories

38 g

Protein

32 g

Carbs

12 g

Fat

Tips & notes

- Patting the chicken dry is the secret to a golden crust.
- An oven-safe skillet is a lifesaver to avoid extra cleanup.
- Letting the meat rest ensures the juices stay inside.