

Honey Garlic Chicken Thighs

4 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 8 thigh Chicken (broiler, thigh, meat, raw)
- 1 tbsp Vegetable oil (olive)
- 5 clove Garlic (raw)
- 3 tbsp Sweets (honey, strained or extracted)
- 3 tbsp Soy sauce (made with soy and wheat) (shoyu, regular)
- 1 tbsp Butter (unsalted)
- 1/2 tsp Salt (table)
- 1/2 × 5 ml ground Spices (pepper, black)

Instructions

1. Pat the chicken thighs dry with paper towel. Season generously with salt and pepper on both sides.
2. Heat the olive oil in a large oven-safe skillet over medium-high heat. Sear the chicken thighs skin-side down for 5-6 minutes until golden and crispy. Flip and cook 2 minutes more. Remove from pan.
3. Reduce heat to medium. Add the butter and minced garlic to the pan. Cook for 1 minute, stirring constantly.
4. Add the honey and soy sauce. Stir to combine and let the sauce simmer for 2 minutes until slightly thickened.
5. Return the chicken to the pan, spooning the sauce over each piece. Transfer to a 400°F (200°C) oven.
6. Bake for 20-25 minutes until the chicken reaches an internal temperature of 165°F (74°C).
7. Let rest 5 minutes before serving. Spoon pan sauce over the chicken.