



Long Livo

Baked Chicken Thighs in Honey Soy Sauce

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

Asian-Fusion

Cuisine

Ingredients

Main Ingredients

- ☐ 4 boneless skinless chicken thighs (about 2 lbs)

Honey Soy Glaze

- ☐ 3 tbsp honey
- ☐ 1/4 cup soy sauce
- ☐ 2 tbsp rice vinegar
- ☐ 2 cloves garlic, minced

- ☐ 1 tsp fresh ginger, grated
- ☐ 1 tbsp vegetable oil
- ☐ 1/4 tsp red pepper flakes (optional)
- ☐ pinch black pepper

Garnish

- ☐ 1 tbsp sesame seeds, toasted (for garnish)
- ☐ 2 tbsp green onions, sliced (for garnish)

Instructions

- 1** First things first, go ahead and preheat your oven to 400°F (200°C). I usually line my baking sheet with parchment paper or just a little oil—it saves so much scrubbing later, honestly.
- 2** Now, take a moment to pat the 4 boneless skinless chicken thighs (about 2 lbs) dry with some paper towels. It seems like a small thing, but it really helps. Then, just give them a little sprinkle of salt and a pinch black pepper on both sides.
- 3** In a small bowl, whisk together your 3 tbsp honey, 1/4 cup soy sauce, 2 tbsp rice vinegar, 2 cloves garlic, minced, 1 tsp fresh ginger, grated, 1 tbsp vegetable oil, and those 1/4 tsp red pepper flakes (optional) until everything is nice and smooth.
- 4** Place your seasoned thighs on that prepared baking sheet. Now, here is the trick: brush about half of the sauce over each thigh, but make sure you save the rest for that final glossy finish.
- 5** Slide them into the oven for 12 minutes. Once the timer goes off, carefully flip the thighs over and brush them with a bit more of that lovely sauce.
- 6** Let them bake for another 8–10 minutes. You're looking for an internal temperature of 165°F (74°C), and the edges should be getting that beautiful, caramelized, slightly crisp look.
- 7** Remove the chicken from the oven and let it rest for about 5 minutes. While they're resting, brush on the remaining sauce to get that perfect, sticky glaze.

8

Transfer your chicken to a platter and sprinkle on 1 tbsp sesame seeds, toasted (for garnish) and 2 tbsp green onions, sliced (for garnish). Wow, the colors just make it look so professional.

Nutrition per serving

380 kcal

Calories

32 g

Protein

22 g

Carbs

18 g

Fat

Tips & notes

- Patting the chicken dry is a must for the best texture.
- Using a meat thermometer takes all the guesswork out of dinner.
- A baking dish can be used instead of a sheet for a thicker crust.