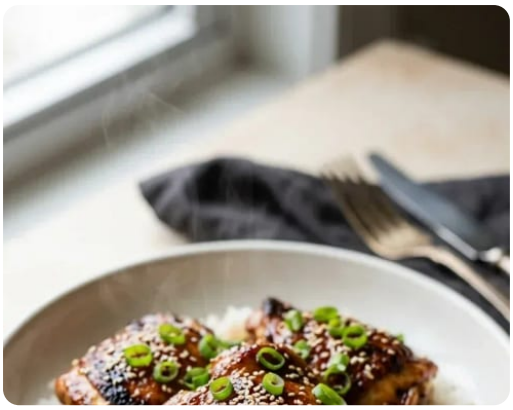


Helergon Kitchen

Baked Chicken Thighs in Honey Soy Sauce

10 min Prep time	**35 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Asian-inspired** Cuisine

Ingredients

Chicken

- [ ] 1.5 lb bone-in, skin-on chicken thighs (about 8 thighs)
- [ ] Salt and pepper, to taste

Honey Soy Glaze

- [ ] 1/4 cup soy sauce
- [ ] 1/4 cup honey
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp grated fresh ginger
- [ ] 1 clove garlic, minced
- [ ] 1 tsp sesame oil
- [ ] 1/4 tsp crushed red pepper flakes (optional)

Thickening Slurry

- [ ] 1 tbsp cornstarch
- [ ] 1 tbsp water

Garnish

- [ ] 2 tbsp chopped green onions, for garnish
- [ ] 1 tbsp sesame seeds, for garnish

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). I always line my baking sheet with aluminum foil or parchment paper—honestly, it just makes the cleanup so much easier later on.
2. Now, take a few paper towels and gently pat the chicken thighs dry. It seems like a small thing, but it really helps. Once they're dry, season both sides generously with salt and pepper.
3. In a medium bowl, whisk together your soy sauce, honey, rice vinegar, grated ginger, minced garlic, sesame oil, and those crushed red pepper flakes if you're feeling a little spice.
4. Arrange your seasoned thighs on the baking sheet, skin side up. Drizzle about 1/2 cup of that lovely glaze over them, making sure it coats both the skin and the flesh.
5. Pop them in the oven for 20 minutes. Then, carefully flip each thigh over and brush the remaining glaze onto the side that was facing down.
6. Let them bake for another 10–12 minutes. You're looking for an internal temperature of 165°F (74°C) and a skin that's turned a deep, caramelized honey-gold color. Wow, the smell is just wonderful at this point.
7. While the chicken is finishing up, pour any leftover glaze into a small saucepan over medium heat. Bring it to a gentle boil, stirring constantly so it doesn't stick.

8. Whisk your cornstarch and water together to make a little slurry. Slowly pour that into the simmering glaze, whisking away until the sauce thickens into a glossy, syrupy consistency.

9. Take the thighs out of the oven and move them to a serving platter. Sprinkle on the chopped green onions and sesame seeds, then drizzle that finished glossy glaze over the top. Serve it up immediately while it's hot.

Nutrition per serving

375 kcal	28 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is the secret to getting that skin just right.
- A cast-iron skillet can be used for an extra bit of crust if you prefer searing first.
- The cornstarch slurry is key for a glaze that clings to the meat rather than running off.