

Helergon Kitchen

Honey Garlic Chicken Thighs

10 min Prep time	**35 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 6 bone-in, skin-on chicken thighs (about 900 g)
- [ ] 2 Tbsp olive oil
- [ ] Salt and freshly ground black pepper, to taste

Honey Garlic Glaze

- [ ] 3 Tbsp honey
- [ ] 3 Tbsp soy sauce
- [ ] 2 Tbsp ketchup (optional)
- [ ] 4 cloves garlic, minced
- [ ] 1 Tbsp fresh ginger, grated
- [ ] 1 Tbsp rice vinegar
- [ ] 1/2 tsp crushed red pepper flakes (optional)
- [ ] 2 Tbsp water

Garnish

- [ ] 2 Tbsp chopped fresh parsley, for garnish

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). Now, take a moment to pat the 6 bone-in, skin-on chicken thighs dry with some paper towels. I mean, it seems like a small thing, but it really makes a difference for the skin.
2. Season those thighs generously with salt and freshly ground black pepper on both sides. Don't be shy here; it's the foundation of the flavor.
3. Heat 2 Tbsp olive oil in an oven-proof skillet over medium-high heat. Carefully sear the thighs skin-side down until they're a beautiful golden brown, which usually takes about 5 minutes. Then, just flip them over and sear the other side for another 3 minutes.
4. Move your seared thighs into a baking dish. While you're at it, grab a small saucepan and whisk together the 3 Tbsp honey, 3 Tbsp soy sauce, 2 Tbsp ketchup (optional), 4 cloves garlic, minced, 1 Tbsp fresh ginger, grated, 1 Tbsp rice vinegar, 1/2 tsp crushed red pepper flakes (optional), and 2 Tbsp water. Let it come to a simmer and cook for 3–4 minutes until it's slightly thickened.
5. Now for the best part. Brush that fragrant glaze generously over the chicken in the dish, and honestly, just pour a little extra glaze over the top for good measure.
6. Pop them in the preheated oven for 25–30 minutes. You're looking for that internal temperature to reach 165°F (74°C) and for the skin to be perfectly crisp.

7 While the chicken is doing its thing in the oven, take that remaining glaze and reduce it over low heat for about 3 minutes until it's even thicker. Once the chicken is done, drizzle this final glossy glaze right over the thighs.

8 Finish it off with a sprinkle of 2 Tbsp chopped fresh parsley and serve it up immediately while it's hot.

Nutrition per serving

410 kcal	32 g	18 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- The drier the chicken surface is before seasoning, the crispier your skin will be.
- A cast-iron skillet is wonderful for that initial sear to get a deep browning.
- Adding a touch of honey at the very end helps achieve a professional, glossy finish.