

Helergon Kitchen

Skillet Bang Bang Chicken Thighs

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 8 bone-in, skin-on chicken thighs
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 1 tablespoon olive oil

For the Sauce

- [ ] 3 tablespoons soy sauce
- [ ] 2 tablespoons honey
- [ ] 1 tablespoon Sriracha
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon sesame oil
- [ ] 1 tablespoon unsalted butter
- [ ] 1 teaspoon garlic powder
- [ ] 1/4 teaspoon crushed red pepper flakes (optional)

Garnish

- [ ] 2 teaspoons toasted sesame seeds
- [ ] 2 green onions, thinly sliced
- [ ] Lime wedges (optional)

Instructions

1. First things first, take a few paper towels and pat those chicken thighs dry. I mean, really get them dry—it makes such a difference. Then, just season both sides generously with salt and pepper.
2. Heat your olive oil in a large skillet over medium-high heat. You're looking for it to be shimmering, almost like it's dancing in the pan, before the chicken goes in.
3. Place the chicken thighs skin side down. Now, just let them be for about 6–7 minutes. You want that skin to get really crisp and a beautiful golden brown.
4. Flip them over and cook for another 5 minutes on the other side until they're nicely browned.
5. Move the chicken to a plate and tent them loosely with some foil. Well, they just need to rest for a bit while we whip up the sauce.
6. In that same skillet—don't wash it, that's where the flavor is!—pour in the soy sauce, honey, Sriracha, rice vinegar, sesame oil, butter, garlic powder, and those red pepper flakes. Stir it all together and let it bubble for 1–2 minutes until it thickens up just a touch.
7. Slide the chicken back into the skillet. Turn them around to coat every inch in that glossy sauce and cook for 2–3 minutes more. Just make sure the internal temperature reaches 165°F (74°C).

8. Stir in the toasted sesame seeds, tossing gently so the chicken is evenly coated in those little nutty bits.

9. Move the chicken over to a serving platter. Sprinkle on the sliced green onions and set out some lime wedges for a little fresh squeeze at the end.

10. Serve it up immediately with some steamed rice, quinoa, or maybe a crisp cucumber salad. Wow, it smells amazing.

Nutrition per serving

420 kcal	32 g	14 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a cast-iron skillet helps keep the heat steady for a better sear.
- Resting the chicken under foil keeps the juices inside while the sauce thickens.
- The sauce can be adjusted for heat based on how much Sriracha you enjoy.