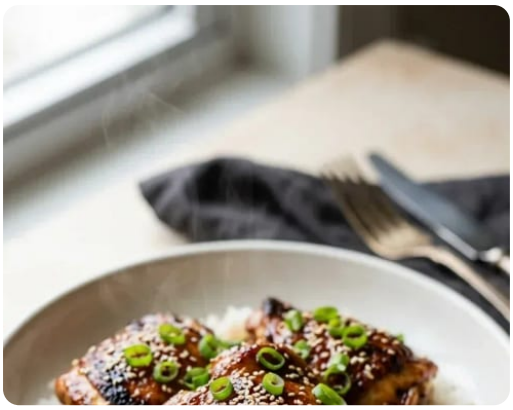

Long Livo

Baked Chicken Thighs in Honey Soy Sauce

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 8 bone-in, skin-on chicken thighs (about 2 lb total)
- [ ] 2 Tbsp olive oil, divided

Honey Soy Glaze

- [ ] 1 / 4 cup honey (61 g)
- [ ] 1 / 4 cup soy sauce (60 mL)
- [ ] 2 Tbsp rice vinegar (30 mL)
- [ ] 2 Tbsp low-sodium chicken broth (30 mL)
- [ ] 2 Tbsp lime juice (30 mL)
- [ ] 1 Tbsp fresh ginger, grated (15 g)
- [ ] 1 clove garlic, minced
- [ ] 1 tsp sesame oil (5 mL) – optional
- [ ] 1 tsp ground black pepper (2 g)
- [ ] ½ tsp chili flakes (optional)

Instructions

1. Go ahead and preheat your oven to 400 °F (200 °C). It's always better to have it nice and hot before the chicken goes in.
2. In a small bowl, whisk together your honey, soy sauce, rice vinegar, chicken broth, lime juice, grated ginger, minced garlic, sesame oil (if you're using it), black pepper, and those chili flakes. Just stir it until it's all well combined and set it aside for a bit.
3. Now, pat the chicken thighs dry with some paper towels. Honestly, this is the secret to a good sear. Season the surface lightly with salt and pepper—I mean, feel free to use some of the pepper from the glaze if you want a bit more kick.
4. Heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Once it's shimmering, place the chicken thighs skin-side down. Let them sear until the skin is golden brown and crisp, which usually takes about 4-5 minutes. Wow, that smell is just wonderful.
5. Flip the thighs over and brush them generously with half of that honey-soy glaze. Then, just transfer the skillet—or a separate baking sheet lined with parchment if you prefer—into your preheated oven.
6. Bake them for 20 minutes. After that, take them out quickly, brush the remaining glaze over the top, and pop them back in for another 10–15 minutes. You're looking for an internal temperature of 165 °F (74 °C).
7. Take a look at the glaze—it should be thick, sticky, and a deep amber color. If it's not quite glossy enough for you, oops, no problem! Just give it another quick sear in a hot skillet for 1-2 minutes.

8. Remove the thighs from the oven and let them rest for 5 minutes. I know it's hard to wait, but it lets the juices redistribute and the glaze really set.

9. Serve them immediately. Be sure to spoon any extra glaze from the pan over the chicken. I like to garnish mine with a little chopped fresh cilantro or sliced scallions.

10. Well, look at that! Pair these thighs with some steamed jasmine rice, sautéed bok choy, or a crisp cucumber salad for a really balanced meal.

Nutrition per serving

350 kcal	22 g	18 g	26 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is non-negotiable for crisp skin.
- If the sauce isn't thick enough, a quick stovetop reduction works wonders.
- Allowing the meat to rest ensures the glaze sticks and the meat stays juicy.