HONEY & SOY GLAZED CHICKEN THIGHS

Talk about an easy, go-to weeknight recipe! Make the glaze ahead of time and marinate over night. Chicken thighs are great for marinating and cooking in high heat (baking or grilling) because they're juicy, thin, and caramelize easily! We pair today's dish with quick roasted carrots and rice. Try with your family's favorite seasonal veggies.

Ingredients

- 8 chicken thighs
- 1/2 cup honey
- 1/3 cup soy sauce
- 1 tsp ginger
- 1.5 tsp sesame oil
- 3-4 carrots
- 1 red onion

From your pantry

- 3-4 cloves of garlic
- 1 cup brown rice
- 1 Tbsp. vinegar (any kind)
- Oil
- Salt and pepper

Directions

Read through entire recipe before getting started.
Wash and dry all produce.

1. Cut onion in half and peel; then thinly slice. Mince or grate garlic. Remove ends from carrots and slice into 1/2” disks.

2. Prepare rice: Heat 1 Tbsp oil in large saucepan over medium heat. Add brown rice. Cook for 1-2 minutes until aromatic. Add 2 cups of water and a generous pinch of salt. Mix to combine and bring to a boil; cover, reduce heat to low, and cook for 25-30 minutes until rice is tender and liquid is absorbed.

3. In a large oven-safe baking dish or dutch oven, combine honey, soy sauce, garlic, vinegar, sesame oil, and ginger until well incorporated. Add chicken and mix to incorporate. Allow to marinate for 20-30 min, if time allows. Preheat the oven to 425ºF.

4. Flip chicken in marinade. Add carrots and toss to incorporate. Transfer to oven.

5. Bake for 20-25 min, flipping twice while baking. Once chicken is fully cooked remove from oven and serve with pan juices over brown rice. Enjoy!

Equipment:

- Oven safe baking dish
- Small pot

Preparation: 10 min
Cooking: 40 min
Ready In: 50 min
Makes 6 Servings

Recipe brought to you by Nicole Powell | This recipe is: Delicious!