HOW TO COOK CHICKEN

Honey Garlic Chicken Thighs

Prep 10 min | Cook 25 min | Total 40 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/4 cup (85 g) honey
- 3 garlic cloves, minced
- 2 tbsp (30 ml) alcohol-free soy-style seasoning
- 1 tbsp (15 ml) apple cider vinegar
- 1/4 cup (60 ml) water

COOKING NOTES

Use fully thawed chicken thighs and alcohol-free soy-style seasoning. Because the seasoning adds salt, taste the glaze before adding extra salt. Keep the heat moderate after adding honey so the glaze does not scorch.

SERVING SUGGESTION

Serve four portions of honey garlic chicken thighs. Pair with rice and cucumber, keeping sauce separate until serving.

DONENESS CHECK

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.

Honey Garlic Chicken Thighs

Prep 10 min | Cook 25 min | Total 40 min | Serves 4

METHOD

1. Pat chicken thighs dry and season lightly with salt and black pepper.

2. Heat olive oil in a wide skillet over medium heat. Brown thighs about 6 minutes per side.

3. Whisk together honey, alcohol-free soy-style seasoning, apple cider vinegar and water.

4. Add minced garlic to the skillet and cook 30 seconds. Pour in the sauce and simmer 5-8 minutes, turning the chicken, until each thigh reaches 165°F (74°C).

5. Turn chicken in the glossy glaze and remove from the pan before the honey begins to scorch.

TIPS

- Reduce heat once honey enters the pan.
- Prepare all measured ingredients before heating the pan.
- Use a thermometer to avoid guessing doneness.

STORAGE, FREEZING & REHEATING

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.

Freeze: Freeze cooked chicken separately from fresh garnishes in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator.

Reheat: Reheat covered in a skillet over medium-low heat with 1-2 tbsp water until the chicken reaches 165°F (74°C). Stir sauces to eliminate cold spots.