Honey Glazed Chicken Thighs

Roasted thighs with a glossy honey-lemon garlic glaze

Prep 10 min **Cook** 30 min
Total 45 min **Serves** 4
Additional 5 min
Difficulty Easy



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- 1 tsp sweet paprika
- 1/4 cup (85 g) honey
- 2 tbsp (30 ml) lemon juice
- 3 garlic cloves, minced
- 1 tsp plain yellow mustard
- 2 tbsp (30 ml) water
- 1 tbsp chopped parsley

METHOD

1. Heat oven to 425°F (220°C). Pat chicken dry and rub with oil, salt, pepper and paprika. Place in a shallow metal roasting dish with space between pieces.

2. Roast for 15 minutes. Meanwhile, simmer honey, lemon juice, garlic, mustard and water in a small saucepan for 2 to 3 minutes, stirring. Reserve half the glaze in a clean bowl for serving.

3. Brush the chicken with the other half of the glaze and roast for 5 to 10 minutes more, until every thigh reaches 165°F (74°C).

4. If extra browning is wanted, broil briefly for 1 to 2 minutes while watching constantly. Do not let the honey blacken.

5. Rest 5 minutes, drizzle with the clean reserved glaze and finish with parsley.

COOKING TIP

Apply honey near the end and watch closely during broiling.

DONENESS & STORAGE

Cook every chicken portion to at least 165°F (74°C), checking the thickest part with a thermometer. Refrigerate in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below for 3 to 4 days. Reheat to 165°F (74°C). Freeze cooled leftovers for up to 3 months for best quality; thaw in the refrigerator.

https://howtocookchickenrecipes.com/honey-glazed-chicken-thighs/