

Honey Glazed Chicken Thigh

A succulent chicken thigh glazed with a sweet and savory honey sauce, perfectly balanced with garlic and soy. This dish is quick to prepare and makes a delightful main course.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 boneless chicken thigh
- 1 tablespoon honey
- 1 teaspoon soy sauce
- 1 garlic clove, minced
- 1 teaspoon olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Season the chicken thigh with salt and pepper.
- 2 Heat olive oil in a skillet over medium heat.
- 3 Add the chicken thigh and cook for 5-6 minutes on each side until golden and cooked through.
- 4 In a small bowl, mix honey, soy sauce, and minced garlic.
- 5 Reduce heat to low and pour the honey mixture over the chicken.
- 6 Cook for another 2-3 minutes, spooning the glaze over the chicken until sticky and caramelized.
- 7 Remove from heat, garnish with fresh parsley if desired, and serve hot.