

Honey-Glazed Chicken Thigh with Roasted Vegetables

A succulent chicken thigh glazed with sweet honey, paired with a medley of roasted vegetables. This dish balances savory and sweet flavors for a comforting main course.



Main Dish

35 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken thigh (bone-in, skin-on)
- 1 tablespoon honey
- 1 teaspoon olive oil
- 1/2 teaspoon soy sauce
- Salt and pepper to taste
- 1/2 cup baby carrots
- 1/2 cup broccoli florets
- 1 small garlic clove, minced

Steps

- 1 Preheat oven to 400°F (200°C).
- 2 In a small bowl, mix honey, olive oil, soy sauce, and minced garlic.
- 3 Season the chicken thigh with salt and pepper.
- 4 Place chicken and vegetables on a baking tray.
- 5 Brush the honey mixture over the chicken and toss vegetables with a little salt and olive oil.
- 6 Roast in the oven for 25-30 minutes, until the chicken is cooked through and vegetables are tender.
- 7 Serve hot, spooning any extra glaze from the tray over the chicken.