

Ketchup-Glazed Chicken Thighs

This savory dish features tender chicken thighs glazed with a sweet and tangy ketchup sauce, perfect for a quick and satisfying meal. Served with a side of steamed vegetables, it's a delightful dinner option for one.



Main Dish

35 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken thigh
- 2 tablespoons ketchup
- 1 teaspoon soy sauce
- 1 teaspoon honey
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 cup mixed vegetables (broccoli, carrots, bell peppers)
- 1 tablespoon olive oil

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 In a small bowl, mix together the ketchup, soy sauce, honey, minced garlic, salt, and pepper.
- 3 Place the chicken thigh in a baking dish and brush the ketchup mixture over it, ensuring it's well-coated.
- 4 Bake the chicken in the preheated oven for 25-30 minutes, or until cooked through and juices run clear.
- 5 Meanwhile, heat olive oil in a pan over medium heat.
- 6 Add the mixed vegetables and sauté for 5-7 minutes until tender-crisp. Season with salt and pepper.
- 7 Serve the glazed chicken with the sautéed vegetables on the side.