

Honey Garlic Chicken Thighs

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

8

Description

This recipe for garlic chicken thighs is one of my familys favorites Its sweetened with honey flavored with loads of garlic and topped off with cilantro

Ingredients

- - 8 (5 ounce) boneless chicken thighs - salt and ground black pepper to taste - 2 tablespoons olive oil
- or as needed - ½ medium onion
- finely chopped - 7 cloves garlic
- chopped
- or to taste - 1 cup honey - ½ cup soy sauce - 1 pinch onion powder
- or to taste - 1 pinch garlic powder
- or to taste - ¼ cup chopped fresh cilantro

Instructions

1. Season chicken on both sides with salt and pepper. Heat olive oil in a cast iron skillet over medium-high heat. Add chicken and brown on one side
2. 3 to 5 minutes. Flip chicken and add onion and garlic; continue to cook until chicken is mostly (but not fully) cooked and onion and garlic are soft
3. 5 to 7 minutes more. Remove chicken to a plate. Add honey
4. soy sauce
5. onion powder
6. and garlic powder to the skillet. Stir and scrape the bottom of the pan with a wooden spoon to get garlic and onion to mix with the liquid. Return chicken to the skillet
7. cover
8. and reduce heat to medium. Cook until no longer pink in the center and juices run clear
9. about 10 more minutes
10. turning once halfway through. An instant-read thermometer inserted into the center of a thigh should read at least 165 degrees F (74 degrees C). Arrange chicken on a serving plate and drizzle liquid from the pan on top. Sprinkle with cilantro to serve. Recipe Tips Skin-on or skinless chicken thighs work in this recipe. You can use 1 entire medium head of garlic
11. chopped
12. instead of cloves. Parsley can be substituted for cilantro.