



Sticky Ginger Soy Chicken

Ingredients:

4 bone-in, skin-on chicken thighs
1/4 cup soy sauce
2 tablespoons honey
2 tablespoons fresh ginger, grated
2 cloves garlic, minced
1 tablespoon rice vinegar
1 tablespoon sesame oil
1/2 teaspoon chili flakes (optional)
2 green onions, sliced (for garnish)
Sesame seeds (for garnish)

Directions:

Marinate the Chicken:

In a bowl, whisk together the soy sauce, honey, grated ginger, garlic, rice vinegar, sesame oil, and chili flakes (if using).

Place the chicken thighs in a resealable plastic bag or shallow dish and pour the marinade over them. Ensure the chicken is well-coated.

Marinate in the refrigerator for at least 30 minutes, or up to 2 hours for deeper flavor.

Cook the Chicken:

Preheat your oven to 375°F (190°C).

Heat a large ovenproof skillet over medium-high heat. Add the chicken thighs, skin side down, and sear for 3-4 minutes until golden brown. Flip the chicken over and cook for another 2 minutes.

Pour the remaining marinade into the skillet, then transfer the skillet to the preheated oven.

Bake for 25-30 minutes, basting the chicken with the pan juices halfway through, until the chicken reaches an internal temperature of 165°F (74°C).

Serve:

Remove the chicken from the oven and let it rest for 5 minutes. Garnish with sliced green onions and sesame seeds.

Serve hot with steamed rice, roasted vegetables, or a fresh green salad.

Prep Time: 10 minutes | Marinate Time: 30 minutes | Cooking Time: 30 minutes | Total Time: 1 hour 10 minutes

Kcal: 320 kcal | Servings: 4 servings