



Honey Soy Chicken



Prep time: **5 mins** Cook time: **25 mins** Total time: **30 mins**

Serves: **6**

This honey soy chicken recipe comes together for a quick, easy and delicious meal! It is perfect with all cuts of chicken making it just as perfect for a busy weeknight supper as it is for a serving company when entertaining!

Ingredients:

- 2 tbsp olive oil
- 6-8 chicken thighs, breasts, quarters, or legs
- $\frac{1}{4}$ cup soy sauce or coconut aminos
- $\frac{1}{2}$ cup honey
- 2 cloves minced garlic or $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ tsp freshly ground black pepper
- $\frac{1}{4}$ tsp ground ginger
- pinch red pepper flakes (optional for heat)
- chopped fresh parsley, optional

Directions:

5 Preheat oven to 375°F.

6 Drizzle olive oil into medium skillet set over medium heat. Add chicken the skillet and cook on each side until browned, about 3-5 minutes per side.

Meanwhile, mix together soy sauce (or coconut amigos), honey, garlic, salt, pepper, ginger, and red pepper flakes. Pour mixture over chicken and place the skillet into the preheated oven. Bake the chicken until it registers 160°F when checked with an internal thermometer at the thickest part of the chicken. The time will vary depending on the cut of chicken that is used. Generally, about 20 minutes. Remove from oven, top with parsley, if using, and serve.

