

Sticky Honey Soy Chicken Thighs





Low Acid, High Protein, High Fat

Instructions

1. Whisk together soy sauce, honey, garlic, ginger, and sesame oil in a bowl.
2. Add chicken and marinate for at least 30 minutes (or up to 8 hours).
3. Heat a skillet over medium heat and add chicken (reserve excess marinade).
4. Cook for 6–7 minutes per side until golden and cooked through.
5. Add reserved marinade to the pan and simmer for 2–3 minutes to thicken.
6. Garnish with green onions and sesame seeds before serving.

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