

# HONEY & SOY GLAZED CHICKEN THIGHS

Talk about an easy, go-to weeknight recipe! Feel free to make the glaze ahead of time and marinate over night if you have time, otherwise a quick 20 minutes will impart MAJOR flavor. Chicken thighs are great for marinating and cooking in high heat (baking or grilling) because they're juicy, thin, and caramelize easily! We pair today's dish with quick roasted carrots and rice. Try with your family's favorite seasonal veggies.



## Ingredients

- 8 chicken thighs
- 1/2 cup honey
- 1 tsp grated ginger
- 1.5 tsp sesame oil
- 3-4 carrots
- 1 red onion
- Olive oil

From your pantry

- 1/3 cup soy sauce
- 3-4 cloves of garlic
- 1 cup brown rice
- 1 Tbsp. vinegar (any kind)
- Salt and pepper

### Equipment:

- Oven safe baking dish
- Small pot

**PREPARATION: 10 MIN**

**COOKING: 40 MIN**

**READY IN: 50 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce.*

- 1.** Cut **onion** in half and peel; then thinly slice. Mince or grate **garlic**. Remove ends from carrots and slice into 1/2" disks.
- 2.** Prepare rice: Heat 1 Tbsp oil in large saucepan over medium heat. Add **brown rice**. Cook for 1-2 minutes until aromatic. Add 2 cups of water and a generous pinch of salt. Mix to combine and bring to a boil; cover, reduce heat to low, and cook for 25-30 minutes until rice is tender and liquid is absorbed.
- 3.** In a large oven-safe baking dish or dutch oven, combine **honey, soy sauce, garlic, vinegar, sesame oil, and ginger** until well incorporated. Add **chicken** and mix to incorporate. Allow to marinate for 20-30 min, if time allows. ***Preheat the oven to 425 °F.***
- 4.** Flip chicken in marinade. Add carrots and toss to incorporate. Transfer to oven.
- 5.** Bake for 20-25 min, flipping twice while baking. Once chicken is fully cooked remove from oven and serve with pan juices over brown rice. Enjoy!

# Tips, Tricks, and Terms

## MIX IT UP! Honey & Soy Glazed Chicken three more ways...



We LOVE recipes that are flexible and fun to use in various applications and this recipe is a great example! Try these:

**GRILL IT:** Make the same marinade and put it in a zip top bag. Marinate overnight and grill instead of baking.

**DICE IT:** Once cooked, dice it up and toss with the drippings to absorb. Use the Honey & Soy Glazed Chicken for an Asian chopped salad (Napa cabbage anyone?), a rice noodle bowl + a peanut sauce, or a wrap or sandwich with your favorite veggies!

**STIR FRY IT:** Cut up your favorite vegetables into 1" pieces. Then cut the chicken into 1" pieces. Make the marinade and keep it on the side. Sear the chicken in a pan + veggies and stir-fry. Then add marinade and allow to cook a few minutes until sauce begins to thicken. Serve over rice!

### A little about...

**SESAME OIL :** this oil is made from raw or toasted, pressed sesame seeds. This oil contains omega-3 and omega-6 fatty acids which research shows can help prevent heart disease and cancer. Sesame oil is also full of antioxidants and Vitamin E. Toasted sesame oil is the kind most often used for cooking and has a very strong flavor, so a little goes a long way!

**JAR GINGER:** a super quick way to get that delicious flavor into your favorite dishes! We were excited when our amazing partner The Food Group had it available. Find it at most grocery stores in the international aisles.



## GROWER SPOTLIGHT

**Featherstone Farm** is a 250-acre certified organic farm located in bluff country around Rushford, MN. The farm produces around 70 varieties of fresh market fruits and vegetables for distribution to local co-ops, restaurants and grocers, wholesalers and CSA members across the region.

Featherstone Farm was founded in 1994 by Jack Hedin and Jenni McHugh, the farm draws its name and focus on environmental sustainability from the Featherstone Township homestead where Jack's great grandfather farmed and planted trees in the 19th century.



THANKS TO OUR AMAZING GROUP OF PARTNERS!

