



Palatable

Miso Honey Chicken Thighs

🕒 Prep: 15m · Cook: 30m · Total: 45m

👤 4

Ingredients

Chicken

- 4 chicken thighs, boneless or bone-in

Sauce

- Juice of 1 lime
- 2 tbsp low sodium soy sauce
- 1 tbsp miso paste (white or yellow)
- 1 tbsp rice vinegar (white vinegar is fine)
- 2 tbsp honey
- Splash of warm water

Optional

- 1 tsp ginger paste

Instructions

Pre-cook Chicken Thighs

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Chicken should be cooked in a casserole pan or similar, where the sides are higher, and the size is not much larger than your chicken (as your sauce will go over top of the chicken in this pan).
3. Cook the Chicken until the internal temperature is 165 degrees F (74 degrees C) (25 minutes for boneless, and 40 minutes for bone-in)

Prepare sauce

1. Mix the sauce ingredients together, ensuring that things are fully incorporated.

Finish the Chicken

1. After the chicken is fully cooked, pour the sauce over it and place it back into the oven until the sauce has reached your desired consistency.

🔗 Source: 