

Sticky Cilantro Lime Chicken Thighs



Ingredients:

2 lbs boneless, skinless chicken thighs
2 tablespoons olive oil
3 tablespoons soy sauce (or tamari)
3 tablespoons honey
2 cloves garlic, minced
1 teaspoon chili powder (adjust to taste)
Zest and juice of 1 lime
1/2 cup chopped fresh cilantro (plus extra for garnish)
1/2 teaspoon salt (adjust to taste)
1/4 teaspoon black pepper

Instructions:

1. **Make the Marinade:** In a bowl, whisk together olive oil, soy sauce, honey, minced garlic, chili powder, lime zest, lime juice, salt, and pepper. Stir in the chopped cilantro.
2. **Marinate the Chicken:** Place chicken thighs in a large resealable bag or shallow dish. Pour the marinade over the chicken, ensuring each piece is coated. Let it marinate in the fridge for at least 30 minutes (up to overnight for deeper flavor).
3. **Preheat & Prepare:** Preheat your oven to 400°F (200°C). Line a baking sheet with foil or parchment for easy cleanup.
4. **Arrange & Bake:** Remove chicken from the marinade and place it on the baking sheet. Reserve any excess marinade in a small bowl. Bake for about 20 minutes.
5. **Glaze & Finish:** Brush the reserved marinade over the chicken thighs, then switch the oven to broil and cook for an additional 3–5 minutes, until the edges caramelize and the internal temperature reaches 165°F (74°C).
6. **Garnish & Serve:** Transfer chicken to a serving plate and garnish with extra cilantro and lime wedges if desired.

Tips for Meal Prepping:

1. Double the recipe to have leftovers for the week.
2. Store cooked chicken in airtight containers for up to 4 days in the fridge.
3. Reheat gently in the microwave or on the stovetop to maintain juiciness.
4. Serve with rice, roasted veggies, or a fresh side salad for a quick, balanced meal.