

Foodnity Recipes

Baked Crunchy Hot Honey Chicken

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs or breasts, bone-in or boneless, cut into pieces
- [ ] 1 cup all-purpose flour
- [ ] 2 large eggs, beaten
- [ ] 1.5 cups panko breadcrumbs
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Hot Honey Glaze

- [ ] 1/3 cup honey
- [ ] 2 tbsp hot sauce or 1 tsp chili flakes
- [ ] 1 tbsp brown sugar
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp soy sauce (optional for depth)

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with foil and place a wire rack on top.
2. Pat the chicken dry, then season with salt and pepper. Set up three bowls: flour, beaten eggs, and panko mixed with a pinch of salt.
3. Dredge each piece in flour, dip in egg, and coat thoroughly with panko. Let the coated chicken rest on a plate for 10 minutes.
4. Arrange the coated chicken on the wire rack. Bake for 20 minutes, turning once, until golden and crisp.
5. While the chicken bakes, combine honey, hot sauce, brown sugar, lemon juice, and soy sauce in a small saucepan. Warm gently, stirring until smooth.
6. When the chicken is done, brush generously with the hot honey glaze. Return to the oven for 3-5 minutes to let the glaze set.
7. Serve immediately, drizzling any remaining glaze over the top and garnishing with a pinch of fresh herbs if desired.

Nutrition per serving

420 kcal	30 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra crispiness, spray the coated chicken lightly with cooking oil before baking.
- For a milder heat, reduce the hot sauce or omit chili flakes entirely.
- Leftovers re-heat best in a hot skillet to revive the crunch.