

Foodnity Recipes

Double Crunch Honey Garlic Chicken Breasts

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

Ingredients

Main Ingredients

- [ ] 4 skinless chicken breasts, pounded to ½-inch thickness
- [ ] ¼ cup honey
- [ ] 2 tbsp soy sauce (low-sodium)
- [ ] 3 cloves garlic, minced
- [ ] 2 tsp lemon juice
- [ ] ¼ cup panko breadcrumbs
- [ ] 1 tbsp butter, melted
- [ ] ½ tsp brown sugar
- [ ] Salt and pepper to taste

Instructions

1. Season the chicken breasts with salt and pepper, then pat them dry with paper towels.
2. In a small saucepan, combine honey, soy sauce, minced garlic, lemon juice, and brown sugar; simmer over medium heat until the mixture thickens and becomes glossy, about 5 minutes.
3. Heat a large skillet over medium-high heat, add a drizzle of oil, and sear the chicken for 3-4 minutes per side until golden.
4. Brush the hot glaze over each breast, then press the butter-tossed panko onto the surface, ensuring an even coat.
5. Transfer the skillet to a preheated broiler and cook for 2-3 minutes, watching closely until the crust turns a deep amber and crunchy.
6. Remove from heat, let rest for 2 minutes, then slice and serve with your favorite side.

Nutrition per serving

420 kcal	32 g	38 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze begins to caramelize too quickly, lower the heat and stir constantly.
- For extra flavor, add a pinch of smoked paprika to the panko mixture.
- A final drizzle of honey just before serving adds a glossy finish.