

Foodnity Recipes

Garlic Honey Chicken Skillet – Easy Weeknight Dinner

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

Ingredients

Main Ingredients

- [ ] 1 lb boneless, skinless chicken breasts, cut into 1 1/2-inch cubes
- [ ] 1 tbsp olive oil
- [ ] Salt and black pepper to taste

The Glaze

- [ ] 3 cloves garlic, minced
- [ ] 1/4 cup honey
- [ ] 2 tbsp soy sauce
- [ ] 1/4 cup low-sodium chicken broth
- [ ] 1 tsp cornstarch + 2 tbsp water (optional, for sauce thickening)

Seasoning and Finish

- [ ] 1 tsp dried thyme
- [ ] 1/4 tsp red pepper flakes (optional, for heat)
- [ ] 1 tbsp butter (optional, for extra richness)
- [ ] 2 tbsp grated Parmesan cheese (optional, for a creamy finish)

Garnish

- [ ] 1 tbsp fresh parsley, chopped (for garnish)
- [ ] 1 tsp sesame seeds (for garnish)

Instructions

1. Start by patting your chicken pieces dry with some paper towels. It's a small step, but honestly, it makes all the difference. Season all sides with salt and pepper just however you like.
2. Heat your skillet over medium-high heat and add the olive oil. Sear the chicken until it's a lovely golden brown on all sides, which usually takes about 4–5 minutes. Once they look good, just remove them from the pan and set them aside for a bit.
3. In that same skillet—don't wash it, we want those brown bits!—reduce your heat to medium. Sauté the minced garlic for about 30 seconds. Just until it smells fragrant and wonderful.
4. Now, deglaze the pan with the soy sauce, scraping up all those flavorful browned bits from the bottom. Stir in the honey and the chicken broth. It starts to smell like home right about now.
5. If you like a thicker sauce, whisk your cornstarch with water and stir it in. Let it come to a gentle simmer for 1–2 minutes until it thickens up a bit.
6. Bring the chicken back into the skillet and toss it all together to coat every piece. Stir in the thyme and red pepper flakes if you're feeling a little spicy. Cook it uncovered for 3–5 minutes while the sauce reduces and gets nice and sticky.

7. Now, for a little luxury: you can stir in butter for a silky finish, or whisk in Parmesan if you're in the mood for something creamier. Both are lovely, really.

8. Give it a taste. I mean, you know your own palate best, so add a splash more soy sauce or honey if you prefer it a bit saltier or sweeter.

9. Transfer everything to a serving dish and sprinkle over the chopped parsley and sesame seeds. It looks so professional, wow.

10. Serve it hot over some steamed jasmine rice, soba noodles, or even a fresh green salad if you want to keep things light.

Nutrition per serving

320 kcal	31 g	22 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- The cornstarch slurry is optional, but it really helps the glaze cling to the chicken.
- Don't be afraid to let the sauce reduce; that's where the caramelized flavor comes from.
- Using a cast-iron skillet helps get a deeper sear on the chicken.