

Foodnity Recipes

Honey BBQ Chicken with Potatoes – Easy Healthy Dinner

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in chicken thighs, skin on
- [ ] 1.5 lbs baby potatoes, halved
- [ ] 2 tbsp olive oil
- [ ] 1/4 cup honey
- [ ] 1/3 cup smoky BBQ sauce
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp smoked paprika
- [ ] Salt and black pepper to taste

Optional Garnish

- [ ] Fresh thyme leaves
- [ ] Chopped parsley

Instructions

1. Preheat the oven to 400°F (200°C). Pat the chicken thighs dry with paper towels; season with salt, pepper, and smoked paprika.
2. In a bowl, whisk together honey, BBQ sauce, and apple cider vinegar. Set aside half for later.
3. Toss the halved potatoes with olive oil, salt, and pepper. Spread them on a large baking sheet, skin side down.
4. Place the seasoned chicken thighs on top of the potatoes. Brush the chicken generously with the glaze.
5. Roast for 25-30 minutes, turning the potatoes once, until the chicken is cooked through and the potatoes are golden.
6. During the last 5 minutes, brush the chicken with the remaining glaze for an extra sticky finish.
7. Remove from oven, let rest 5 minutes, then sprinkle fresh thyme or parsley before serving.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using chicken breasts, reduce roasting time to avoid drying out.
- For extra caramelization, switch the oven to broil for the final 2 minutes.
- A splash of lemon juice over the finished dish brightens the sweetness.