



Sticky Honey Garlic Chicken

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 ½ - 2 lbs boneless, skinless chicken breast cut into cutlets
 - 5-6 garlic cloves, minced
 - 1 teaspoon minced thyme
 - 4 tablespoons Runamok **Chile del Arbol honey** *
 - 2 tablespoons O&V [Garlic mustard](#) *
 - 3 tablespoons O&V [IGP Balsamic vinegar](#) *
 - 1 ½ tablespoons O&V [Garlic EVOO](#) *
 - 1 teaspoon O&V [Smoked Paprika](#) *
- Garnish with sesame seeds and sliced green parts of scallions

Preparation

Mix together the garlic, thyme, spicy honey, garlic mustard, balsamic vinegar, smoked paprika and EVOO. Reserve a ¼ cup for basting. Marinate the chicken breasts in the remaining mixture in a sealable plastic bag in the refrigerator for a minimum of 1 hour but preferably 6-8 hours.

Preheat the grill to medium-high heat and oil the grates. Place the chicken over direct heat and grill covered for 4-5 minutes. Flip the chicken onto a cooler part of the grill, and baste. Cook for an additional 5 minutes basting occasionally.

Serve garnished with sesame seeds and the green part of scallions as well as any remaining basting liquid drizzled on top

Serve with grilled asparagus or broccolini

You can also cook this in the oven under the broiler- Preheat the broiler on High, place a rack about 6 inches from the heat source. Line a baking sheet with foil and place the chicken on the baking sheet. Cook for 3-4 minutes on one side, flip the pieces and cook another 3-4 minutes until chicken is fully cooked and browned (internal temperature of 165F), checking often to prevent burning.

When broiling, do not baste, simply drizzle the reserved liquid over the chicken when serving.

Serves 6

Active Time: 15 minutes. Total Time: 75 minutes or more including marinating time

Notes

* The **Chile del Arbol** spicy honey is key to adding sweet heat to this dish. You can use another good quality spicy honey of your choice instead. I enjoy the flavor of the [Garlic Mustard](#) and the [Garlic EVOO](#) in this dish because of the ease of added zing and taste. You can substitute with another spicy mustard of your choice and an unflavored EVOO, but I would recommend adding more garlic to the recipe. Finally, the [IGP Balsamic vinegar](#) and the [Smoked Paprika](#) respectively add umami and smoky depth to the chicken even with a relatively short marinating time. All the linked and highlighted products are available at most [Oil & Vinegar stores](#).

Categories: Entrée, Chicken, Poultry, Hot & Sweet, Sweet Heat, Sticky Chicken, Garlic, Hot Honey, Spicy Honey, Runamok Chile del Arbol, Garlic Mustard, Dijon Mustard, IGP Balsamic Vinegar, Garlic EVOO, Smoked Paprika, Easy BBQ, Cookout, Grilled Chicken, Broiled Chicken, Easy Dinner, Quick Meal, Meal Prep Chicken,

