HOT & BOLD

Sticky Chili-Garlic Chicken Thighs with Rice

PREP	COOK	SERVES
15 min	35 min	4

Roasted chicken thighs lacquered in a honey, soy and chili glaze, served over fluffy rice with greens.

Ingredients

- 8 bone-in, skin-on chicken thighs (about 1 kg)
- Salt

For the glaze

- 3 tbsp honey
- 3 tbsp soy sauce
- 2 tbsp rice vinegar
- 2 tbsp sriracha or other chili sauce
- 4 garlic cloves, grated
- 1 tbsp grated fresh ginger
- 1 tbsp sesame oil

To serve

- 300 g jasmine rice
- 300 g broccoli or pak choi
- 2 spring onions, sliced
- 1 tbsp sesame seeds
- Lime wedges

Method

1. Heat the oven to 220°C and line a large roasting tray with baking paper. Pat the chicken dry, sprinkle with salt and place skin-side up on the tray. Roast for 20 minutes.
2. While the chicken roasts, whisk all the glaze ingredients in a small pan and simmer for 4

minutes until slightly syrupy.

3. Brush the glaze over the chicken and roast for 12 to 15 minutes more, brushing again halfway through, until sticky, deep golden and cooked through (75°C in the thickest part).
4. Meanwhile, cook the rice according to the packet. Steam or boil the broccoli for the last 3 minutes.
5. Serve the chicken over the rice with the greens. Spoon over any sticky juices from the tray and finish with spring onions, sesame seeds and a squeeze of lime.

Cook's tip

Line the tray with baking paper. The glaze caramelises fast and will weld itself to bare metal.