

## Grilled Sesame Garlic Chicken Thighs - Sweet, Savory & Irresistibly Crispy

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**OVEN**  
**400°F**

**TIME**  
**8 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 6 chicken thighs, bone-in and skin-on
- ... cup soy sauce
- 4 cloves garlic, minced
- 2 tbsp brown sugar
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp ground ginger
- $\frac{1}{8}$  tsp black pepper

- 2 green onions, sliced (for garnish)
- Sesame seeds (for garnish)

#### Step-by-Step Instructions:

- 1 Make the Marinade:
- 2 Marinate the Chicken:
- 3 Preheat the Grill:
- 4 Grill the Chicken:

Place chicken skin-side down on the grill.

Cook for 6-8 minutes until skin is golden and crispy.

Flip and reduce heat to medium.

Cook for an additional 10-12 minutes, or until internal temperature reaches 165°F (74°C).

- 5 Rest & Garnish:

#### Oven Instructions:

Preheat oven to 400°F (200°C).

Place marinated chicken in a greased baking dish.

Bake for 30-35 minutes, or until juices run clear.

Optional: Broil for 2-3 minutes at the end for crispy skin.

Tips for Success:

Marinate overnight for deeper flavor and tender meat.

Pat the chicken dry before grilling for extra-crispy skin.

Don't overcook-use a thermometer to get it just right.

Want spice? Add a pinch of crushed red pepper or a dash of sriracha to the marinade.

Serving Suggestions & Pairings:

Steamed jasmine or sticky rice

Stir-fried vegetables

A crisp cucumber salad

Or add to a salad bowl featuring: Light & Tangy Chicken Salad

## DIRECTIONS

1. **Make the Marinade:** In a bowl, whisk together soy sauce, garlic, brown sugar, sesame oil, rice vinegar, ground ginger, and black pepper.
2. **Marinate the Chicken:** Place chicken thighs in a ziplock bag or shallow dish. Pour marinade over the chicken. Seal or cover and refrigerate for at least 1 hour-overnight for best results.
3. **Preheat the Grill:** Heat your grill to medium-high. If you're using charcoal, wait until coals are glowing.
4. **Grill the Chicken:** Remove chicken from the marinade and shake off excess. Discard remaining marinade.
5. Place chicken skin-side down on the grill.
6. Cook for 6-8 minutes until skin is golden and crispy.
7. Flip and reduce heat to medium.
8. Cook for an additional 10-12 minutes, or until internal temperature reaches 165°F (74°C).
9. **Rest & Garnish:** Let the chicken rest for 5 minutes. Garnish with sliced green onions and sesame seeds before serving.
10. **Oven Instructions:** No grill? No problem!
11. Preheat oven to 400°F (200°C).
12. Place marinated chicken in a greased baking dish.
13. Bake for 30-35 minutes, or until juices run clear.
14. **Optional:** Broil for 2-3 minutes at the end for crispy skin.
15. **Tips for Success:** Marinate overnight for deeper flavor and tender meat.

16. Pat the chicken dry before grilling for extra-crispy skin.
17. Don't overcook-use a thermometer to get it just right.
18. Want spice? Add a pinch of crushed red pepper or a dash of sriracha to the marinade.
19. Serving Suggestions & Pairings: Pair this flavorful chicken with:
20. Steamed jasmine or sticky rice
21. Stir-fried vegetables
22. A crisp cucumber salad
23. Or add to a salad bowl featuring: Light & Tangy Chicken Salad
24. Easy : Turkey Wings for a flavorful protein combo
25. One-: Pan Breakfast Bake if you're doing brunch-for-dinner

## TIPS FOR SUCCESS

Marinate overnight for deeper flavor and tender meat.

Pat the chicken dry before grilling for extra-crispy skin.

Don't overcook-use a thermometer to get it just right.

Add a pinch of crushed red pepper or a dash of sriracha to the marinade.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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