

## Sticky Honey Garlic Chicken Breasts with Crispy Edges and Bold Flavor

no oven, no fuss, all flavor



**TIME**  
**5 min**

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### INGREDIENTS

For the Chicken:

1 pound boneless, skinless chicken breasts

... cup all-purpose flour

1 tbsp olive oil

2 tbsp butter, divided

Kosher salt, to taste

Fresh cracked black pepper, to taste

For the Sauce:

6 garlic cloves, thinly sliced

... cup soy sauce

1 tbsp seasoned rice vinegar

1/3 cup honey

Optional: 1/2 tsp chili flakes for heat

For Garnish:

Thinly sliced green onions

Instructions:

1 Prepare the Chicken:

2 Sear the Chicken:

3 Make the Honey Garlic Sauce:

4 Return Chicken to the Pan:

5 Garnish and Serve:

Tips for Success:

Don't skip the flour coating-it gives the chicken that crave-worthy crust.

Thinly slice garlic for even cooking (minced garlic can burn quickly).

For extra flavor, add a splash of sesame oil or a pinch of chili flakes.

Serve with jasmine rice, garlic noodles, or sautéed greens.

Perfect Pairings:

Blueberry Lemonade - the citrusy chill balances the sweet glaze

Sheet Pan Quesadillas - for a fun and filling side

Turkey Wings - for a protein-packed Sunday spread

Walking Taco Bar - perfect for casual family nights

Cookie Dough Brownie Bombs - because dessert is non-negotiable

Storage & Reheating:

Fridge: Store leftovers in an airtight container for up to 4 days.

Reheat: Warm in a covered skillet over low heat with a splash of water or broth to loosen the sauce.

## DIRECTIONS

1. Prepare the Chicken: Slice chicken breasts lengthwise to create 4 thin cutlets. Season both sides with salt and pepper, then dredge lightly in flour.
2. Sear the Chicken: In a large skillet, heat olive oil and 1 tablespoon butter over medium to medium-high heat. Cook chicken 4-5 minutes per side until golden brown and cooked through. Remove and set aside.
3. Make the Honey Garlic Sauce: Reduce heat to medium-low. Add remaining 1 tablespoon butter, then sliced garlic. Sauté for 30-60 seconds until just golden and fragrant - don't let it burn. Deglaze with soy sauce and vinegar, scraping up flavorful bits from the pan. Stir in honey and simmer for 4-5 minutes until slightly thickened.
4. Return Chicken to the Pan: Nestle the cooked chicken back into the pan and spoon sauce over each piece. Simmer 1-2 minutes until warm and glazed.
5. Garnish and Serve: Top with fresh green onions and serve immediately.
6. Tips for Success: Don't skip the flour coating - it gives the chicken that crave-worthy crust.
7. Thinly slice garlic for even cooking (minced garlic can burn quickly).
8. For extra flavor, add a splash of sesame oil or a pinch of chili flakes.
9. Serve with jasmine rice, garlic noodles, or sautéed greens.
10. Perfect Pairings: Complete the experience with:
11. Blueberry : Lemonade - the citrusy chill balances the sweet glaze

12. Sheet : Pan Quesadillas - for a fun and filling side
13. Turkey : Wings - for a protein-packed Sunday spread
14. Walking : Taco Bar - perfect for casual family nights
15. Cookie : Dough Brownie Bombs - because dessert is non-negotiable
16. Storage & Reheating: Fridge: Store leftovers in an airtight container for up to 4 days.
17. Reheat: Warm in a covered skillet over low heat with a splash of water or broth to loosen the sauce.
18. Meal : Prep: Perfect to pack with rice and steamed broccoli!
19. More Recipes You'll Love: Turkey Wings - bold, juicy, and fall-off-the-bone good
20. Sheet : Pan Quesadillas - a fast, fun side
21. Walking : Taco Bar - for a casual twist on dinner
22. Chocolate : Chip Cookie Dough Brownie Bombs - the ultimate sweet finale
23. Final Thoughts: This Honey Garlic Chicken Breast recipe is sticky, savory, and slightly sweet-exactly what you want when you're craving big flavor with minimal effort. It's quick enough for weeknights, impressive enough for guests, and flexible enough for meal prep.
24. Tried it? Let me know in the comments how you served yours, and follow along on ChefManiac for more skillet favorites and saucy comfort meals.

## TIPS FOR SUCCESS

Don't skip the flour coating-it gives the chicken that crave-worthy crust.

Thinly slice garlic for even cooking (minced garlic can burn quickly).

For extra flavor, add a splash of sesame oil or a pinch of chili flakes.

Serve with jasmine rice, garlic noodles, or sautéed greens.

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

Original recipe: <https://chefmaniac.com/sticky-honey-garlic-chicken-breasts-with-crispy-edges-and-bold-flavor/>