

Easy Grilled Chicken with Honey Garlic Marinade and a Smoky Kick

Grilled Honey Garlic Chicken



OVEN
400°F

TIME
40 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 2 lbs chicken drumsticks or thighs
- 1/4 cup honey
- 1/4 cup soy sauce
- 4 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp smoked paprika
- 1/2 tsp red pepper flakes (optional, for heat)
- 2 tbsp fresh parsley, chopped (for garnish)

DIRECTIONS

1. ? 1. Make the Marinade: In a bowl, whisk together:
2. Honey
3. Soy sauce
4. Olive oil
5. Minced garlic
6. Salt, pepper, paprika, and red pepper flakes (if using)
7. This creates a rich, glossy marinade that clings to the chicken beautifully.
8. ? 2. Marinate the Chicken: Add the chicken pieces to a large bowl or zip-top bag. Pour the marinade over, toss to coat, and refrigerate for at least 30 minutes (or overnight for deeper flavor).
9. ? 3. Grill It: Preheat grill to medium-high heat. Place chicken on the grill and cook for 5-7 minutes per side, basting with any reserved marinade, until internal temp reaches 165°F (75°C).
10. Pro tip: Watch for flare-ups from the honey and rotate frequently for even caramelization.
11. ? 4. Garnish & Serve: Remove from heat, sprinkle with fresh parsley, and serve hot.

SWAPS & NOTES

Substitute coconut aminos or tamari.

For extra sticky glaze : Boil the leftover marinade (for safety) and reduce into a sauce to drizzle.

Brush with olive oil to keep from drying out.

Oven option : Roast at 400°F for 35-40 minutes, turning once.

TIPS FOR SUCCESS

Use a meat thermometer to prevent overcooking.

Baste in the final minutes only to avoid burning the honey.

Let the chicken rest for 5 minutes after grilling to lock in juices.

Serve with extra sauce or even Beer Cheese Dip for dipping.

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

Original recipe: <https://chefmaniac.com/easy-grilled-chicken-with-honey-garlic-marinade-and-a-smoky-kick/>