

## Juicy Grilled Teriyaki Chicken Thighs: Flavorful & Easy

Grilled Teriyaki Chicken Thighs



**OVEN**  
**400°F**

**TIME**  
**20-25 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 3 pounds boneless, skinless chicken thighs
- 1 cup soy sauce (low sodium is often preferred to control saltiness)
- 1 cup water
- 1 cup sugar (granulated white sugar)
- 5 cloves garlic, mashed (fresh garlic provides the best aroma)
- 2-3 slices ginger root, thin and lengthwise (fresh ginger is key for flavor)

#### Swaps and Notes:

**Chicken Thighs:** Boneless, skinless chicken thighs are ideal for this recipe as they stay incredibly juicy on the grill. Bone-in, skin-on thighs can also be used, but adjust grilling time accordingly. Chicken breasts can be substituted but may dry out more easily; consider pounding them to an even thickness.

**Soy Sauce:** For a gluten-free option, use tamari or coconut aminos.

**Sugar:** While granulated sugar is traditional, you can use brown sugar for a deeper molasses flavor, or honey/maple syrup for a natural alternative, adjusting amounts to taste.

**Garlic & Ginger:** Fresh garlic and ginger are highly recommended for the best, most aromatic flavor. You can grate the ginger if you prefer smaller pieces, or simply leave the slices large for easy removal after marinating.

**Marinade Additions:** For a bit of heat, a pinch of red pepper flakes can be added to the marinade. A tablespoon of sesame oil can also be added for a nutty undertone.

**Grilling vs. Baking/Pan-Frying:** While designed for grilling, these thighs can also be baked at 400°F (200°C) for 20-25 minutes or pan-fried until cooked through, if you don't have a grill.

**Instructions:**

**Prepare the Marinade:** In a large bowl or a gallon-sized zip-top bag, combine the soy sauce, water, and sugar. Stir vigorously until the sugar is completely dissolved.

**Add Aromatics:** Add the mashed garlic cloves and the thin slices of ginger root to the marinade mixture. Give it another stir.

**Marinate Chicken:** Place the boneless, skinless chicken thighs into the marinade, ensuring they are fully submerged. If using a bowl, you might need to press down with a plate to keep them submerged, or flip them halfway through. Cover the bowl or seal the bag and refrigerate for at least 24 hours. For the absolute best flavor and tenderness, marinating for up to 3 days is highly recommended.

**Preheat Grill:** When you're ready to cook, preheat your outdoor grill to high heat. Ensure the grates are clean and lightly oiled to prevent sticking.

**Grill Chicken:** Remove the chicken from the marinade, allowing any excess marinade to drip off. Discard the remaining marinade (do not reuse). Place the chicken thighs directly on the hot grill grates. Grill for about 5-7 minutes per side, or until they have nice grill marks and are cooked through. The internal temperature should reach 165°F (74°C).

**Steam for Juiciness (Optional but Recommended):** After grilling, transfer the cooked chicken thighs to a clean pot or an oven-safe dish. Add a little fresh teriyaki sauce (you can use a store-bought version or make a small batch of a quick teriyaki sauce for this step) to the pot. Cover it with a lid and let the chicken "steam" in the pot for a few minutes on the grill or off-heat. This brief steaming step ensures the chicken remains incredibly tender and juicy, absorbing even more flavor.

**Serve:** Remove the chicken from the pot. Serve hot, perhaps with a final drizzle of fresh teriyaki sauce if desired. Enjoy!

**Tips for Success:**

**Long Marination is Key:** Don't skimp on the marinating time! 24 hours is good, but 2-3 days really allows the flavors to penetrate the chicken, resulting in maximum tenderness and taste.

**Pat Chicken Dry (before grilling):** After removing from the marinade, let excess drip off. You don't

need to pat dry dry, as the marinade creates the glaze, but avoid dripping.

**High Heat Sear, Then Cook Through:** Starting with high heat creates a beautiful char and grill marks. You can then reduce heat slightly or move to a cooler part of the grill to finish cooking through without burning.

**Don't Overcook:** Chicken thighs are forgiving, but cook until just done (165°F internal temperature) to keep them juicy.

**Rest the Chicken:** Even after grilling and steaming, letting the chicken rest for 5 minutes before serving helps the juices redistribute, ensuring a tender bite.

**Discard Marinade:** Always discard marinade that has been in contact with raw meat. Do not use it as a serving sauce unless it has been brought to a rolling boil for several minutes.

**Serving Suggestions and Pairings:**

Fluffy white rice or brown rice to soak up any extra sauce.

Steamed or roasted broccoli, asparagus, or green beans.

A crisp Asian-inspired salad with a sesame ginger dressing.

Grilled pineapple slices for a sweet and tangy complement.

My Easy Cheesy Chicken Sliders with Marinara Garlic Butter for a fun appetizer.

Or my Easy Cheese-Stuffed Chicken Wontons with Ranch: Golden, Crunchy, Addictive! for another amazing chicken bite.

## DIRECTIONS

- 1. Prepare the : Marinade:** In a large bowl or a gallon-sized zip-top bag, combine the soy sauce, water, and sugar. Stir vigorously until the sugar is completely dissolved.
- 2. Add : Aromatics:** Add the mashed garlic cloves and the thin slices of ginger root to the marinade mixture. Give it another stir.
- 3. Marinate : Chicken:** Place the boneless, skinless chicken thighs into the marinade, ensuring they are fully submerged. If using a bowl, you might need to press down with a plate to keep them submerged, or flip them halfway through. Cover the bowl or seal the bag and refrigerate for at least 24 hours. For the absolute best flavor and tenderness, marinating for up to 3 days is highly recommended.
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14. **Serving Suggestions and Pairings:** These Grilled Teriyaki Chicken Thighs are incredibly flavorful and versatile. They make a fantastic centerpiece for a meal and pair beautifully with:
  15. Fluffy white rice or brown rice to soak up any extra sauce.
  16. Steamed or roasted broccoli, asparagus, or green beans.
  17. A crisp : Asian-inspired salad with a sesame ginger dressing.
  18. Grilled pineapple slices for a sweet and tangy complement.
  19. For other delicious chicken dishes, you might also enjoy:
    20. **My Easy : Cheesy Chicken Sliders with Marinara Garlic Butter** for a fun appetizer.
    21. **Or my : Easy Cheese-Stuffed Chicken Wontons with Ranch:** Golden, Crunchy, Addictive! for another amazing chicken bite.
    22. **Storage and Leftover Tips:** Leftover Grilled Teriyaki Chicken Thighs can be stored in an airtight container in the refrigerator for up to 3-4 days. They are delicious cold in salads or wraps, or gently reheated. To reheat, you can warm them in the microwave or in a covered skillet over low heat with a splash of water or broth to maintain moisture. You can also chop them up for quick stir-fries or in these other chicken recipes like:
      23. **My A : Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!)**

24. My This : Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit (use as pre-cooked chicken)
25. More Recipes You Will Love: If you loved the savory and satisfying flavors of these Grilled Teriyaki Chicken Thighs, you'll find similar enjoyment in these other fantastic recipes:

## SWAPS & NOTES

These Grilled Teriyaki Chicken Thighs are a testament to how simple ingredients, given enough time, can transform into a succulent, intensely flavorful meal that's perfect for a backyard barbecue, a weeknight dinner, or meal prep.

Get ready for tender, juicy chicken with a beautiful caramelized glaze that will have everyone reaching for more!

Why I Love This Recipe I'm a huge believer in the power of a good marinade, and this Teriyaki Chicken Thighs recipe perfectly showcases that.

What I absolutely adore about this dish is the long marination time , which is truly the secret to achieving unbelievably tender and deeply flavored chicken .

## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/juicy-grilled-teriyaki-chicken-thighs-flavorful-easy/>