

## Easy Honey Soy Chicken: Sweet, Savory & Perfect for Dinner

Few dishes manage to be both incredibly simple and bursting with complex flavors, but this



**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1 lb boneless skinless chicken breast or thighs  
(your preference for lean or juicy)

... cup low sodium soy sauce

2 tbsp honey (pure honey for best flavor)

$\frac{1}{8}$  tsp garlic powder

$\frac{1}{8}$  tsp onion powder

... tsp ground black pepper (optional, for a little kick)

Swaps and Notes:

**Chicken Cut:** Both boneless, skinless chicken breasts and chicken thighs work wonderfully. Thighs tend to stay juicier, while breasts are leaner.

Adjust cooking time slightly for thicker pieces.

**Soy Sauce:** Low sodium soy sauce is recommended to control saltiness. Tamari can be used for a gluten-free option.

**Honey:** Pure honey is ideal. Maple syrup could be a substitute for a slightly different flavor profile.

**Spices:** Adjust garlic and onion powder to your liking. A pinch of ginger powder (... tsp) could also be added for a more traditional Asian flavor.

**Black Pepper:** The ground black pepper adds a very subtle kick. Feel free to increase or omit based on preference.

**Fresh Garlic/Ginger (Optional):** If you prefer fresh aromatics, you can mince 1-2 cloves of garlic and grate  $\frac{1}{8}$  teaspoon of fresh ginger directly into the marinade.

Directions:

**Prepare Marinade:** In a medium mixing bowl, whisk together the low sodium soy sauce, honey, garlic powder, onion powder, and the optional ground black pepper until all ingredients are well combined and the honey is fully dissolved.

**Marinate Chicken:** Add the boneless, skinless chicken breast or thighs to the marinade in the bowl. Toss the chicken well, ensuring every piece is generously coated in that sweet and savory goodness.

**Chill & Infuse:** Let the chicken marinate for at least 30 minutes at room temperature to allow it to really soak up those flavors. If you're prepping ahead of time, you can even let it hang out in the fridge for up to 4 hours for deeper flavor (or even overnight, though chicken breasts can get a bit mushy if marinated too long).

**Preheat Cooking Surface:** When you're ready to cook, preheat your grill or a large stovetop pan (like a cast iron skillet) over medium heat. Ensure your grill grates or pan are clean and lightly oiled to prevent sticking.

**Cook Chicken:** Remove the chicken from the marinade, allowing any excess marinade to drip off (discard remaining marinade). Place the chicken on the preheated grill or pan. Cook for about 6-7 minutes on each side, or until it's fully cooked through (internal temperature of 165°F / 74°C) and has that beautiful golden-brown, slightly caramelized color. The exact cooking time will depend on the thickness of your chicken.

**Serve:** Once cooked, transfer the chicken to a cutting board and let it rest for a few minutes before slicing (if using breasts) or serving whole. Serve up your delicious Honey Soy Chicken hot with your favorite sides-fluffy rice, steamed or roasted veggies, or a refreshing salad!

Tips for Success:

**Marination Time Matters:** For maximum flavor, don't rush the marinating process. Even 30 minutes makes a difference, but longer is better (within limits).

**Don't Overcook Chicken:** Chicken breasts, especially, can dry out if overcooked. Use a meat thermometer to ensure they reach 165°F (74°C) for juicy results. Thighs are more forgiving.

**Pat Chicken Dry (Optional):** While you want the marinade to cling, a very light pat after removing from the marinade can help achieve a better sear, especially if you want pronounced grill marks.

**Medium Heat is Key:** Cooking over medium heat allows the sugars in the honey to caramelize without burning.

**Rest the Chicken:** Always let cooked chicken rest for 5-10 minutes before slicing or serving. This helps the juices redistribute, keeping the chicken

tender and moist.

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, smaller bite.

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

Storage and Leftover Tips:

More Recipes You Will Love:

## DIRECTIONS

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11. **Rest the : Chicken:** Always let cooked chicken rest for 5-10 minutes before slicing or serving. This helps the juices redistribute, keeping the chicken tender and moist.
12. **Serving Suggestions and Pairings:** This Honey Soy Chicken is a versatile and flavorful main dish that pairs beautifully with a variety of sides:
13. Fluffy white rice or brown rice to soak up any extra sauce.
14. Steamed or roasted broccoli, asparagus, or green beans.
15. A crisp : Asian-inspired salad with a sesame ginger dressing.
16. Grilled pineapple slices for a sweet and tangy complement.
17. For other fantastic chicken dishes, you might also enjoy:
18. **My Easy : Cheesy Chicken Sliders with Marinara Garlic Butter** for a fun, smaller bite.
19. **Or my : Easy Cheese-Stuffed Chicken Wontons with Ranch:** Golden, Crunchy, Addictive! for another amazing chicken appetizer.
20. **Storage and Leftover Tips:** Leftover Honey Soy Chicken can be stored in an airtight container in the refrigerator for up to 3-4 days. It's delicious cold in salads or wraps, or gently reheated. To reheat, you can warm it in the microwave or in a covered skillet over low heat with a splash of water or broth to maintain moisture.
21. **More Recipes You Will Love:** If you loved the savory and satisfying flavors of this Honey Soy Chicken, you'll find similar enjoyment in these other fantastic recipes:
22. For a lighter, yet incredibly flavorful chicken dish, try my **A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!)**.
23. If you're a fan of hearty, comforting chicken meals, my **This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort** is a must-try.
24. And for a crowd-pleasing, easy dinner, these : **These Sheet Pan Quesadillas are My Favorite Way to Feed a**

Crowd Fast are a lifesaver.

25. **Final Thoughts:** This Honey Soy Chicken recipe is a shining example of how a simple marinade can transform everyday chicken into an extraordinary meal. The perfect balance of sweet and savory, combined with tender, juicy results, makes this dish a guaranteed winner every time. It's easy enough for a casual weeknight yet flavorful enough for any occasion. Give it a try, and get ready for a burst of delicious flavor!

## SWAPS & NOTES

, making it an absolute hit with the whole family.

Whether you grill it or cook it on the stovetop, this dish promises a delightful dinner with minimal fuss!

Why I Love This Recipe I'm a huge believer in maximizing flavor with minimal effort, and this Honey Soy Chicken absolutely fits that philosophy.

What I particularly adore about this recipe is the incredible depth of flavor that comes from its simple yet powerful marinade.

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

Original recipe: <https://chefmaniac.com/easy-honey-soy-chicken-sweet-savory-perfect-for-dinner/>