

Honey Garlic Glazed Chicken with Roasted Potatoes and Fresh Cucumber Salad

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OVEN
425°F

TIME
30 to 35 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the chicken:

4 boneless, skinless chicken thighs or breasts

1 tablespoon olive oil

Salt, to taste

Black pepper, to taste

1 teaspoon garlic powder

1/2 teaspoon paprika

For the honey garlic glaze:

1/4 cup honey

3 garlic cloves, minced

2 tablespoons soy sauce

1 tablespoon butter

1 teaspoon apple cider vinegar or lemon juice

For the roasted potatoes:

1 1/2 pounds baby potatoes, halved

2 tablespoons olive oil

1/2 teaspoon dried parsley

For the cucumber salad:

2 cucumbers, thinly sliced

1/4 red onion, thinly sliced

2 tablespoons vinegar

1 teaspoon honey

Optional fresh dill or parsley for garnish

DIRECTIONS

1. Preheat the oven. Set the oven to 425°F and line a sheet pan or lightly grease a baking dish.
2. Prepare the potatoes. Toss the halved potatoes with olive oil, garlic powder, parsley, salt, and pepper. Spread them out on the pan and roast for 30 to 35 minutes, flipping once halfway through, until golden and tender.
3. Season the chicken. Pat the chicken dry and season both sides with salt, pepper, garlic powder, and paprika.
4. Cook the chicken. Heat olive oil in a large skillet over medium-high heat. Cook the chicken for 5 to 7 minutes per side, depending on thickness, until browned and cooked through.
5. Make the glaze. In the same skillet, lower the heat slightly and add butter, garlic, honey, soy sauce, and vinegar. Stir until the glaze becomes glossy and slightly thickened.
6. Coat the chicken. Return the chicken to the pan if needed and spoon the glaze over the top until each piece is well coated.
7. Mix the cucumber salad. In a bowl, combine sliced cucumbers and red onion. Whisk together vinegar, olive oil, honey, salt, and pepper, then pour over the vegetables and toss gently.
8. Serve. Plate the glazed chicken with the roasted potatoes and cucumber salad. Spoon any extra glaze over the chicken just before serving.

SWAPS & NOTES

Chicken thighs are especially good here because they stay juicy and take on the glaze beautifully, but chicken breasts work well too if you prefer a leaner option.

Yukon Gold or red potatoes can be used in place of baby potatoes.

For the cucumber salad, English cucumbers are ideal because they are crisp and have fewer seeds, though any fresh cucumber will do.

If you want a little heat, add red pepper flakes or a dash of hot sauce to the glaze.

TIPS FOR SUCCESS

Do not overcrowd the potatoes on the pan.

Giving them space helps them roast instead of steam, which means better browning and more texture.

For the chicken, let it cook undisturbed long enough to develop color before flipping.

That golden sear adds a lot of flavor and helps the glaze cling better.

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

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