

BROWN SUGAR GLAZED CHICKEN THIGHS

SAVORY-SWEET BAKED CHICKEN WITH A STICKY, CARAMELIZED GLAZE.

INGREDIENTS:

- 6 bone-in, skin-on chicken thighs
- 1/2 cup (100g) brown sugar
- 1/4 cup soy sauce
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 200°C (400°F).
2. Whisk brown sugar, soy sauce, mustard, and garlic.
3. Place chicken in baking dish. Season with salt and pepper.
4. Pour glaze over chicken.
5. Bake for 35–40 minutes, basting halfway, until caramelized and cooked through.

