

SPICY HONEY-LIME CHICKEN THIGHS WITH BROCCOLI

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 4

INGREDIENTS

2 pounds boneless, skinless chicken thighs (about 8 thighs)

4 garlic cloves, minced

1 lime, juiced

5-6 cups cooked broccoli florets

1/4 cup honey

1 tablespoon low-sodium soy sauce

1/2 tablespoon olive oil

2 teaspoons Sriracha dry seasoning (or to taste)

1/2 teaspoon freshly ground black pepper

1/4 teaspoon crushed chili pepper flakes

Pinch of salt

Fresh parsley for garnish, chopped (optional)

Sliced lime wedges for garnish (optional)



INSTRUCTIONS

Combine the garlic, soy sauce, honey, lime juice, salt and black pepper in a small bowl. Stir to combine and set aside. Sprinkle both sides of the chicken thighs with the dry Sriracha seasoning blend. Heat a large non-stick skillet over medium-high heat. Add the olive oil and heat until sizzling. Add the chicken thighs in a single layer. Cook the chicken until browned on both sides; 4-5 minutes per side. Reduce the heat to medium and add the garlic-lime sauce. Cook the chicken, turning and stirring occasionally, until cooked through, 7-10 minutes. The sauce will thicken, caramelize and reduce slightly. If desired, sprinkle the chicken with crushed chili pepper flakes and parsley. Serve with your cooked broccoli florets. Garnish with fresh lime slices if desired.