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## Air fryer chicken thighs with honey, chilli and soy glaze



Preparation time

**30 mins to 1 hour**

Cooking time

**10 to 30 mins**

Serves

**Serves 4**

These sweet and sticky chicken thighs are packed with flavour and simple to make. Best of all, this meal won't leave you with stacks of washing up.

**By** Philippa Davis

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### Ingredients

2 tbsp runny honey  
4 tbsp soy sauce  
1 lime, zest and juice  
2 tbsp sesame oil  
pinch chilli flakes  
20g/ $\frac{2}{3}$ oz fresh root ginger, peeled and grated  
8 chicken thighs, skin on, bone in  
40g/ $1\frac{1}{2}$ oz salted butter, diced  
salt and freshly ground black pepper

## To serve

2 spring onions, finely sliced

2 tsp sesame seeds

10g/1/3oz fresh coriander, stalks finely chopped, leaves roughly chopped

## Method

1. To make the marinade, whisk together the honey, soy sauce, lime zest and juice, sesame oil, chilli flakes and ginger in a large bowl. Pour half the mixture into a small saucepan and set aside.
2. Add the chicken to the bowl, stirring to make sure the meat is well covered with the marinade and season well with salt and pepper. Chill in the fridge for 30 minutes.
3. Preheat the air fryer to 200C.
4. Place the chicken thighs skin-side down in the air fryer basket, spreading them out so they don't quite touch. You may need to cook them in two batches depending on the size of your air fryer. Air fry for 22–25 minutes or until cooked through, turning them skin-side up after 10 minutes.
5. Once cooked, remove the chicken from the basket and onto your serving plates.
6. To make the glaze, bring the remaining marinade to the boil on the hob, then immediately remove from the heat and whisk in the butter.
7. Drizzle the glaze over the chicken thighs and top with the sliced spring onions, sesame seeds and fresh coriander to serve.