
THE
CrossFit*kitchen*



HONEY SESAME CHICKEN THIGHS

by Nick Massie

overview

Why? Chicken thigh.

Cook these legs properly and mouths will be too full for questions.

blocks

37 protein blocks

20 carbohydrate blocks

20 fat blocks

ingredients

- 3.5 lb. boneless, skinless chicken thighs
- ½ cup fresh ginger, minced
- ½ cup fresh garlic, minced
- ½ cup fresh cilantro, rough chop
- 2 tbsp. tamari, shoyu soy sauce, or coconut aminos
- 2 tbsp. honey
- 2 tbsp. sesame oil, toasted or raw
- ½ tbsp. white sesame seeds
- ½ tbsp. black sesame seeds

directions

1. Combine all ingredients in a bowl and marinate for 30 minutes or up to 24 hours.
2. Heat a large, non-stick sauté pan over high heat.
3. Place chicken thighs in the pan, skin side down (the shiny side) and sear for approximately 2 minutes on each side. Your goal is to achieve a caramelized outer, which will be dark brown in color. Be careful of overcrowding the pan; 5-6 thighs at a time will be plenty. Otherwise, the pan will cool down too much and you won't achieve the flavorful crust.
4. Remove thighs to a bowl and wrap in plastic wrap to trap in heat. You need to achieve an internal temperature of 165 F. If that is not achieved through the carry-over cooking of the bowl wrapped in plastic, finish the thighs on a sheet pan in a 350 F oven.
5. Eat immediately, store them in the fridge for up to one week (they won't last that long), or leave them in the freezer for up to six months.
6. Enjoy, share with your friends, and, as always, post questions to comments.