

## **NASHVILLE HOT HONEY CHICKEN THIGHS**

**SERVES : 2**

PREP: 10 MIN

COOK: 45 MIN

TOTAL: 55 MIN – 1HR

### **ingredients:**

4 bone-in skin on chicken thighs

1 tablespoon olive oil

2 teaspoons hot honey

### **nashville hot rub:**

2 teaspoons cayenne powder

2 teaspoons coconut sugar

2 teaspoons paprika

1 teaspoon garlic powder

¼ teaspoon ground mustard

⅛ teaspoon ground thyme

2 teaspoons kosher salt

### **1. Prepare Chicken Thighs:**

- o Score the back of each chicken thigh along the bone, multiple times with a sharp knife to create more surface area for seasoning and ensure even cooking.
- o In a small bowl, combine the ingredients for the Nashville hot rub: cayenne powder, coconut sugar, paprika, garlic powder, ground mustard, thyme and kosher salt.

### **2. Season Chicken Thighs:**

- o Coat each chicken thigh with a thin layer of oil to help the seasoning adhere.

- o Sprinkle the Nashville hot rub generously over both sides of the chicken thighs, ensuring they are evenly coated with the seasoning mixture. Focus most of the seasoning on the side with no skin, because we will season once more when we flip them!

3. **Air Fryer method:**

- o Preheat your air fryer to 375°F.
- o Once preheated, place the seasoned chicken thighs in the air fryer basket, skin side down. (If you are cooking less than 4 chicken thighs, cooking time will differ so keep an eye on them if not using 4!)
- o Air fry the chicken thighs for 15-17 minutes, then flip them over using tongs.
- o Season the skin with a light layer of additional Nashville hot seasoning and continue to air fry for an additional 5-7 minutes, or until the skin is crispy and the chicken thighs are cooked through. (I prefer the chicken thighs to be at least 175° because dark meat gets more tender as it cook!)

4. **Oven Method:**

- o Preheat your oven to 425°
- o Once preheated, place the seasoned chicken thighs skin side down on a large sheet tray lined with parchment paper.
- o Roast for 35-40 minutes, flip, re-season the skin and continue roasting for 10-15 more minutes or until the skin is crispy and chicken reaches ideal temperature.

5. **Finish with Hot Honey:**

- o Once the chicken thighs are cooked, remove them from the air fryer.
- o Drizzle each chicken thigh with a teaspoon of hot honey for an extra kick of flavor and sweetness.

6. **Serve:**

- o Transfer the Nashville hot chicken thighs to a serving platter.
- o Serve immediately while hot, alongside your favorite sides such as coleslaw, pickles, or cornbread.

