

REALLY DELICIOUS MARINATED CHICKEN THIGHS

BLEND FIRST:

- 3 tablespoons **olive oil**
- 1 tablespoon low-sodium **soy sauce**
- 3 tablespoons **lemon juice**
- ¼ cup **mayonnaise**
- ¼ cup **honey**
- 3 minced **garlic cloves** or 2 teaspoons garlic paste
- 1 teaspoon **kosher salt**
- 1 teaspoon **black pepper**
- 1 teaspoon **dried oregano**
- 2 teaspoons **smoked paprika**

FREEZE WITH:

1½ lbs. **raw boneless, skinless chicken thighs**, trimmed

COOKING INSTRUCTIONS:

GRILL

Thaw first • 450°F 10 mins
Flipping + basting halfway through

AIR FRYER

Thaw first • 375°F 14-17 mins
Flipping halfway through

OVEN

Thaw first
Bake at 450°F 18-22 mins
Flipping + basting halfway through

FINISHING TOUCHES:

Let rest a few minutes and serve with your favorite sides.

REALLY DELICIOUS MARINATED CHICKEN THIGHS

BLEND FIRST:

- 3 tablespoons **olive oil**
- 1 tablespoon low-sodium **soy sauce**
- 3 tablespoons **lemon juice**
- ¼ cup **mayonnaise**
- ¼ cup **honey**
- 3 minced **garlic cloves** or 2 teaspoons garlic paste
- 1 teaspoon **kosher salt**
- 1 teaspoon **black pepper**
- 1 teaspoon **dried oregano**
- 2 teaspoons **smoked paprika**

FREEZE WITH:

1½ lbs. **raw boneless, skinless chicken thighs**, trimmed

COOKING INSTRUCTIONS:

GRILL

Thaw first • 450°F 10 mins
Flipping + basting halfway through

AIR FRYER

Thaw first • 375°F 14-17 mins
Flipping halfway through

OVEN

Thaw first
Bake at 450°F 18-22 mins
Flipping + basting halfway through

FINISHING TOUCHES:

Let rest a few minutes and serve with your favorite sides.

REALLY DELICIOUS MARINATED CHICKEN THIGHS

BLEND FIRST:

- 3 tablespoons **olive oil**
- 1 tablespoon low-sodium **soy sauce**
- 3 tablespoons **lemon juice**
- ¼ cup **mayonnaise**
- ¼ cup **honey**
- 3 minced **garlic cloves** or 2 teaspoons garlic paste
- 1 teaspoon **kosher salt**
- 1 teaspoon **black pepper**
- 1 teaspoon **dried oregano**
- 2 teaspoons **smoked paprika**

FREEZE WITH:

1½ lbs. **raw boneless, skinless chicken thighs**, trimmed

COOKING INSTRUCTIONS:

GRILL

Thaw first • 450°F 10 mins
Flipping + basting halfway through

AIR FRYER

Thaw first • 375°F 14-17 mins
Flipping halfway through

OVEN

Thaw first
Bake at 450°F 18-22 mins
Flipping + basting halfway through

FINISHING TOUCHES:

Let rest a few minutes and serve with your favorite sides.