

Soy Garlic Chicken & White Rice

When it comes to comfort food that's quick, flavorful, and satisfying, **Soy Garlic Chicken & White Rice** stands out as a perfect balance of sweet, savory, and aromatic. Tender chicken pieces are marinated in a blend of soy sauce, honey, and garlic, then seared to golden perfection before being coated in a sticky, glossy glaze. Served over steaming white rice, this dish captures everything you love about takeout — but made fresh at home. It's easy to prepare, irresistibly tasty, and fits perfectly into any busy weeknight or family dinner routine.

The Magic of Soy and Garlic

Why This Flavor Combination Works

There's a reason soy and garlic appear together in so many beloved recipes. Soy sauce delivers deep, umami richness, while garlic provides a punch of aroma and flavor that ties the whole dish together. When balanced with a hint of honey, the result is a sticky glaze that clings beautifully to the chicken. The sweetness enhances the saltiness, the garlic adds depth, and the soy provides body. Together, they create a harmonious sauce that coats each bite of chicken, infusing it with flavor from the inside out.

A Taste of Homemade Comfort

This **Soy Garlic Chicken & White Rice** dish is the definition of cozy simplicity. It uses basic pantry ingredients — soy sauce, honey, garlic, and scallions — to create a restaurant-quality glaze. The aroma alone is enough to make your mouth water. What's even better is how easy it is to make. With minimal prep and just one pan, you can whip up a dish that tastes like your favorite takeout order. For another flavorful one-pan meal that celebrates bold taste, check out the [Easy One Pan Cajun Chicken Rice](#), which adds a spicy twist to a classic comfort recipe.

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- Author: [Aaron recipes](#)
- Total Time: [25 minutes](#)
- Yield: [4 servings 1x](#)
- Diet: [Halal](#)

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Description

A savory and sweet Soy Garlic Chicken & White Rice recipe featuring juicy chicken coated in sticky soy-honey glaze served over fluffy white rice for a comforting, quick meal.

Ingredients

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- ☐ 4 raw chicken breasts, sliced into nugget sizes
 - ☐ 1/4 cup soy sauce (Kikkoman brand recommended)
 - ☐ 1/4 cup honey
 - ☐ 2 garlic cloves, minced
 - ☐ 3 scallion stalks, chopped
 - ☐ White rice
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Combine soy sauce, honey, garlic, and scallions in a bowl. Add chicken pieces and marinate for at least 4 hours or overnight.
2. Heat vegetable oil in a skillet over high heat.
3. Add the marinated chicken and its juices to the hot skillet. Cover and let the sauce bubble and caramelize until sticky. If needed, add more honey and a dash of soy sauce for balance.
4. Stir occasionally until chicken turns golden and coated with glaze.
5. Serve the sticky chicken over cooked white rice and garnish with scallions or sesame seeds.

Notes

Use low-sodium soy sauce to control saltiness.

Add chili flakes or sriracha for a spicy version.

Store leftovers for up to 3 days in the fridge.

Reheat in a skillet to maintain the sticky glaze.

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Category: Dinner
- Method: Stovetop
- Cuisine: Asian-American

Nutrition

- **Serving Size:** 1 plate
- **Calories:** 530
- **Sugar:** 16g
- **Sodium:** 690mg
- **Fat:** 18g
- **Saturated Fat:** 4g
- **Unsaturated Fat:** 9g
- **Trans Fat:** 0g
- **Carbohydrates:** 50g
- **Fiber:** 1g
- **Protein:** 40g
- **Cholesterol:** 125mg

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Preparing the Chicken

Selecting the Right Cut

Boneless, skinless chicken breasts are the best choice for this dish, but thighs work beautifully too if you prefer more juiciness. The trick is to cut the chicken into bite-sized pieces so that each one cooks evenly and absorbs the marinade. These smaller pieces also ensure a perfect ratio of sauce to meat. Before marinating, pat the chicken dry with paper towels — this small step helps the sauce adhere better during cooking.

The Essential Marinade

The marinade is what makes this dish so flavorful. In a bowl, mix soy sauce, honey, minced garlic, and chopped scallions. The soy sauce infuses the chicken with savory depth, the honey adds sweetness and body, and the garlic provides sharp aromatic notes. Once combined, add the

chicken pieces and toss to coat. Marinate for at least 4 hours, or overnight if possible. The longer the chicken sits, the more pronounced the flavor will be. This resting period allows the soy to tenderize the meat, ensuring a soft, juicy texture after cooking.

Creating the Sticky Glaze

Perfecting the Pan Technique

To achieve that irresistible sticky texture, you'll need to manage the heat properly. Start by heating a little vegetable oil in a skillet over high heat. When the oil shimmers, add the marinated chicken along with its juices. Cover the skillet and let it cook for a few minutes, allowing the sauce to start bubbling and thickening. As the liquid reduces, the sugars in the honey caramelize, coating the chicken in a glossy glaze.

Balancing Sweet and Salty

If the sauce isn't thickening enough, add another spoonful of honey and a dash of soy sauce. This will boost both sweetness and umami flavor while helping the glaze reach that perfect syrupy consistency. Stir the chicken occasionally but avoid overmixing — you want some pieces to brown slightly and develop texture. Once the sauce coats the chicken evenly and starts to cling, it's ready. The smell of caramelized garlic and soy is your cue that the magic is complete.

Cooking and Pairing with White Rice

Why White Rice is the Perfect Match

White rice is the best companion for sticky soy garlic chicken. Its neutral flavor and fluffy texture balance the bold sauce perfectly. Each spoonful of rice absorbs a bit of the glaze, turning every bite into a sweet and savory delight. To prepare it, rinse the rice several times under cold water to remove excess starch. Then cook using a 2:1 ratio of water to rice. Simmer covered for 15 minutes, then let it rest for 5 minutes off the heat before fluffing with a fork.

Serving it All Together

Once the chicken is ready, spoon it over a bed of warm white rice. Pour some of the sticky glaze on top for added flavor and shine. Garnish with fresh scallions for color and a hint of crunch. If you want to elevate the presentation, sprinkle toasted sesame seeds or chopped cilantro for a restaurant-style finish. The combination of tender chicken, sticky glaze, and fluffy rice makes for a perfectly balanced plate — simple yet bursting with flavor.

The Power of Garlic and Soy

Garlic: The Secret to Bold Flavor

Garlic plays an essential role in defining this dish's aroma and taste. When it caramelizes in the sauce, it takes on a nutty, slightly sweet flavor that deepens the dish's profile. Fresh minced garlic works best because it releases natural oils that enhance the sauce's richness. The key is to let it cook just long enough to brown without burning — this brings out its full potential.

Soy Sauce: The Foundation of Umami

Soy sauce gives this dish its unmistakable savory depth. It's the backbone of the sauce, balancing the honey's sweetness and the garlic's sharpness. A good quality soy sauce like Kikkoman ensures a full-bodied flavor without excessive saltiness. When simmered down, it transforms into a glossy glaze that coats the chicken beautifully. The soy also helps tenderize the meat during marination, resulting in chicken that's juicy and flavorful throughout.

Tips, Variations, and Storage

Easy Flavor Tweaks

This recipe is incredibly adaptable. If you like heat, add a teaspoon of chili flakes or sriracha to the sauce for a spicy kick. For a nutty finish, drizzle a bit of sesame oil just before serving. You can also toss in vegetables like broccoli, snap peas, or bell peppers to make it a complete meal. Want extra sauce? Double the marinade ingredients and simmer the excess until it thickens into an additional glaze for drizzling.

Storing and Reheating

Leftovers reheat beautifully. Store the chicken and rice separately in airtight containers for up to three days. When reheating, use a skillet to restore the sauce's sticky texture instead of microwaving it. If the glaze thickens too much in the fridge, add a splash of water or soy sauce to loosen it up. This dish also freezes well — just thaw it overnight and reheat gently on the stove for best results.

Frequently Asked Questions

Can I use chicken thighs instead of breasts?

Yes. Chicken thighs are a great option if you want more tenderness and richness.

Can I make the sauce thicker?

If you prefer a thicker glaze, mix a teaspoon of cornstarch with water and add it while the sauce is simmering.

Can I bake instead of pan-frying?

Absolutely. Bake the marinated chicken at 400°F for 20–25 minutes, then broil for 2 minutes to caramelize the glaze.

Is there a vegetarian version?

Yes. Substitute tofu or tempeh for the chicken and follow the same marinade and cooking steps.

What can I serve on the side?

Steamed vegetables, Asian slaw, or a crisp cucumber salad pair wonderfully with this dish.

Conclusion

Soy Garlic Chicken & White Rice is the ultimate example of how simple ingredients can create extraordinary flavor. Juicy chicken coated in a rich, sticky soy-garlic glaze and served over soft white rice — it's pure comfort in every bite. This dish captures the best of homemade cooking:

quick, affordable, and incredibly delicious. Whether you're making it for family dinner or prepping meals for the week, it promises satisfaction every time. The deep umami of soy, the warmth of garlic, and the sweetness of honey combine to form a timeless meal that's bound to become a favorite in your kitchen.

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