

Sweet & herby chicken



600g skinless chicken thighs,
visible fat removed
a pinch of sea salt and ground
black pepper

1 tsp paprika

1 tsp Italian seasoning

1½ tsps onion granules

1 tsp ghee or coconut oil

6 cloves garlic, peeled and
crushed

1½ tbsps honey or maple syrup

100ml chicken stock (made with
one organic stock cube)

2 tbsps apple cider vinegar or
white wine vinegar

1 tbsp soy sauce or tamari

SERVES 3

Season the chicken with salt, pepper,
paprika, Italian seasoning and onion
granules.

Melt the ghee/oil in a large frying pan or
skillet over a medium / high heat. Add the
chicken and cook for 3-4 minutes, to seal
on both sides.

Reduce heat to medium and cook for 6-8
minutes, or until the chicken is thoroughly
cooked.

Add the garlic and fry for 1 minute.

Add the honey, stock, vinegar and soy
sauce. Increase the heat to medium / high
and cook for 5 minutes. Serve.

*Store any leftovers in an airtight container
and refrigerate for up to 3 days or freeze on
same day.*

Serving suggestion:

Serve on a bed of steamed rice or with a
leafy salad.



PER SERVING:
409 Calories
13g Carbs
51g Protein
17g Fat

