

Honey Garlic Chicken

SERVES: 6

INGREDIENTS

6 chicken thighs, bone in or out, with or without skin or chicken breasts

Salt and pepper, to season

6 cloves garlic, crushed

1/3 cup honey

1/4 cup orange juice

2 tablespoons vinegar (or apple cider vinegar, or any white vinegar)

1 tablespoon soy sauce

INSTRUCTIONS

Season chicken with salt and pepper and set aside.

Heat a pan or skillet over medium high heat; sear chicken thigh fillets or breast fillets on both sides until golden and cooked through.

Reduce heat after searing on both sides, cover skillet with a lid and continue cooking until the chicken is cooked through and done.

FOR SAUCE:

When chicken is done remove from pan and set aside. Add the garlic and fry until fragrant (about 30 seconds). Add the honey, orange juice, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thicken slightly (about 3-4 minutes).

Add chicken back to the pan and coat on both side with the sauce.

Serve the chicken with the sauce poured over it.

Bon Appétit – Chef Paul Mahoney, Owner/Chef Taste!, LLC