

Orange, Honey and Soy Chicken

Ingredients

1kg bone-in skin-on chicken pieces or breasts

1½ cups Orange Juice

1 cup water or chicken stock

1 tbsp freshly grated ginger

4 minced garlic cloves

5 tbsp soy sauce

2 tbsp tomato sauce

1 tbsp honey

1 tbsp mustard

1 tbsp Sesame seeds

1 tsp paprika

1 tsp salt

½ tsp pepper

½ cup frozen peas

Method

Heat olive oil in a large skillet over medium heat.

Brown the chicken pieces on both sides until crispy and golden.

Add garlic and ginger sauté for 2-3 minutes.

Deglaze with orange juice, scraping up any browned bits from the pan.

Add chicken stock, paprika, salt, pepper, stir well.

Cover, and simmer for 20-30 minutes.

Uncover add tomato sauce, honey, mustard sesame seeds and soy stir, well simmer for another 12-15 minutes until sauce thickens into a sticky glaze.

Thicken with potato or corn starch if needed

Serve with peas, and rice.