



# Tagine Teriyaki Chicken

This recipe is made in a Tagine (Stainless Steel), however, if you don't have one use a deep frypan or casserole pot with a lid.

## Ingredients:

- 1 tablespoon Fat (Animal / Ghee / Coconut Oil)
- ¼ cup Tamari (Wheat Free)
- 2 tablespoons Teriyaki Coconut Amino Sauce
- 3 tablespoons Raw Honey
- 1 cup Meat Stock or Bone Broth (Chicken or Beef)
- 2 Brown Onions (finely diced or sliced, depends how you like them)
- 2 Cloves Garlic (crushed)
- 1 Thumb Fresh Ginger (grated)
- 8 Chicken Drumsticks (or could use Marylands / Chicken Thigh Fillets / Chicken Breast)

## Method:

Place the fat, honey, Tamari, Teriyaki Coconut Amino Sauce into your Tagine (or chosen cooking pot) and allow to heat and mix together before adding in the onion, garlic and ginger.

When soft and well cooked add in the chicken and brown.

Add in the bone broth / meat stock, place the lid on and allow to simmer for 1 hour on low (or until chicken is falling off the bone). Check at 30 minutes to ensure there's enough liquid and to turn the chicken.

When done serve with coconut rice and steamed green vegetables of choice.