



Honey and Garlic Chicken

A massive hit with the kids for dinner or school lunches plus it's quick and easy.

Ingredients:

16 Organic Chicken Thigh Fillets

100 Grams Organic Ghee (See my recipe on my website under GAPS Recipes)

150 Grams Organic Raw Honey

2-3 Garlic Cloves

50ml Bone Broth

Method:

Put the Ghee and honey into a frypan on the stove and heat until melted and starting to froth.

Heat your oven to 180°C to prepare it for baking the chicken.

Crush in the garlic cloves, turn down the heat slightly and stir around

Put the first batch of chicken in to brown and caramelize, cooking for 2-3 minutes on either side.

Remove from the pan and place in a baking dish (I use the my Scanpan baking dish), put the next batch of chicken in and repeat until all the chicken has been browned.

Once all the chicken is in the baking dish, pour all of the excess liquid from the frypan over the chicken in the baking dish, add the bone broth and place in the oven.

Cook uncovered for 30-40 minutes until cooked through.

I check them at about 15-20 minutes and turn them usually to make sure they brown evenly.