

Honey Roasted Chicken

Servings: 3 (5-6 pieces per serving)



Ingredients

1/2 kg chicken, cut into small pieces
4-5 (1" piece) cinnamon
6-8 dry red chillies
2-3 star anise
1 small onion, ground into a paste
3-4 garlic cloves, finely chopped
1 tsp chopped ginger
1/2 cup sugar
Salt to taste

For the sauce

4 tbsp tomato sauce
3 tbsp honey
2 tbsp sugar
1 tbsp lime juice

Nutrients

Approx. calories per serving: 439 kcal

Procedure

Preheat a 24 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Add the chicken and roast on medium heat, following the instructions for roasting in the "Everyday Cooking" section. Once the roasting is complete, push the chicken pieces on the sides and drop in the cinnamon and red chillies followed by the onion paste.

Fry for 1-2 minutes. Stir in the chopped garlic and ginger. Now add sugar and salt to taste. Cover and cook on low heat for 15-20 minutes, until the chicken is done. Dry up all the excess moisture and remove from heat. Place the cooked chicken in a 20 cm Dome Bowl or any serving dish.

Add the honey, tomato sauce and sugar. Toss lightly to allow the sauces to coat the meat. Finally add lime juice and serve hot.