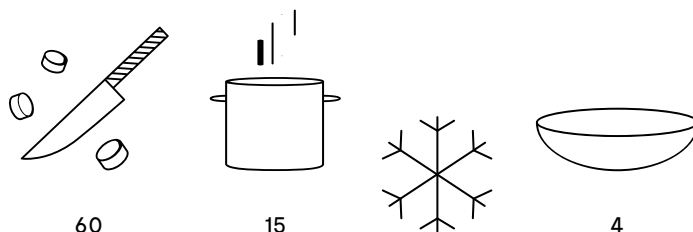




Honey Glazed Chicken

Tender, juicy, FULL of flavour, a great recipe to jazz up grilled or BBQ chicken.



Ingredients

175g barbecue sauce
175g The Groovy Food Company Organic Acacia Honey
2 / 3 tablespoons olive oil
2 / 3 tablespoons lemon juice or apple cider vinegar
1 / 3 tablespoons sriracha, optional and to taste
2 / 4 cloves garlic, finely minced or pressed
1 teaspoon freshly ground black pepper, or to taste
Pack of organic chicken wings
Fresh coriander or parsley, optional for garnishing

Directions

1. To Make the marinade, in a large bowl combine your BBQ Sauce, Honey, Olive Oil, Lemon Juice, Sriracha, Garlic and Seasoning.
2. Add your Chicken wings to the marinade and stir until well coated, then cover with cling film. Place in the fridge to marinate for at least 1 hour (overnight is great if you can plan ahead).
3. Preheat an outdoor BBQ grill to medium-high heat (or indoor grill pan) and grill the chicken for about 10 minutes, or until done; flip intermittently to ensure even cooking.
4. Garnish with fresh herbs and serve immediately, delicious with a green salad and salad potatoes.