





HONEY CHICKEN

Ingredients

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- chicken thighs or legs
- 3tbsp ketchup
- 1tbsp tomato purée
- 1tbsp mustard
- 2tsp paprika
- 1tsp onion and garlic granules
- 1tsp chili
- 2tbsp Worcester sauce
- salt, pepper
- 1-2tbsp honey:
I've used the Nook Farm Honey:
English blossom honey



Instructions

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- mix all ingredients and stir well
- mix well and add chicken to it
- leave in the fridge up to 24h, I prepared in the morning and cooked at 16:00
- preheat oven to 200 degrees, put in the oven for 45 min. Cover after 20min with tinfoil



Notes: add more chili if you like it more spicy