



Garlic Honey Chicken Recipe

By Mrs Tombs (Deputy Catering Manager)

This winning dish was created by Natalie Tshuma (8RMF). This dish won because it was a great-looking dish, all factors had been taken on board with regards to the serving environment, and we knew it would be popular.

Ingredients

Makes three portions

- 350g of diced chicken or chicken tenders
- 1 tsp smoked paprika
- 2 eggs
- 50g of cornflakes
- Salt and pepper to taste
- cooking spray
- Chopped parsley to garnish
- 2 cloves of garlic - finely chopped
- 2 tbsp soy sauce

- 2 tbsp of honey
- 2 tbsp sweet chilli sauce
- A small splash of water

Instructions

1. Preheat the oven to 190°C (170°C Fan Oven) or 365F.
2. Season the chicken with salt, pepper and smoked paprika, in a separate bowl whisk the eggs and in another large bowl use your hands to lightly crush the cornflakes.
3. Dip the chicken in the egg and then toss in the cornflakes until coated, transfer them to a baking sheet, spray with cooking oil and bake for 15-20 mins until cooked through
4. Mix together the garlic, soy sauce, honey, sweet chilli sauce and a splash of water until fully combined. Add sauce to a pan and simmer for 2-3 mins, until the sauce thickens, then remove from the heat. Be careful not to overheat the sauce otherwise it will boil aggressively and the honey will burn.
5. Dip the baked chicken tenders in sauce to coat all over. Garnish with chopped parsley.

We added baked peppers to our dish ready for service and it added a lovely freshness to the dish. A huge thanks to all those that took the time to enter. We can't wait to run the competition again.