



Sticky Chicken



Looks Like



Ingredients

Ingredient	Quantity	Unit
CORIANDER	0.25	Each
LIMES	2.00	Each
Brakes Clear Honey 1x3.17kg	15.00	g
Sysco Classic Mild Chilli Powder 1x500g	1.00	g
Chicken Thigh Boneless	900.00	g
Sysco Cla Extra Life Rapeseed Oil 1x5ltr	7.50	ml
Sysco Classic Ground Ginger 1x400g	1.00	g
Cooks Co Garlic Puree 1x1.2kg	5.00	g
Kikkoman Tamari G/F Soy Sauce 1x1Ltr	15.00	ml
Tate Lyle Light Brown Soft Sugar 1x3kg	25.00	g
Sysco Lime Juice 1x1ltr	21.00	ml

Preparation Notes

Method:

1. In a dish, combine the lime juice, sugar, soy, honey, oil, ginger, garlic and chilli.
2. Add the chicken and turn to coat. Cover and chill for at least 1 hour or overnight.
3. Preheat the oven to gas 6, 200°C, fan 180°C. Remove the chicken from the marinade and arrange in a roasting tin, season well.
4. Cook for 25 minutes, turning halfway and basting with any leftover marinade, until cooked through with no pink meat showing.

Serving suggestion: Top with lime wedges and coriander.

Allergen Info

CEREAL GLUTEN	N
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	Y
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	N
MUSTARD	N
LUPIN	N
ADDED SULPHUR DIOXIDE	Y
WHEAT	N
BARLEY	N
RYE	N
SPELT	N
KAMUT	N
OATS	N

Y : YES
N : NO
M/C : MAY CONTAIN
U : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)