



## Honey and Ginger Chicken

Prep:	20 mins
Cook:	40 mins
Total:	60 mins
Servings:	8 children

### Ingredients

- Thumb-size piece of fresh ginger, grated
- 3 garlic cloves, crushed
- 6 tbsp reduced-salt soy sauce
- 6 tbsp runny honey
- Juice of 1 lemon
- 8 chicken thighs
- 1 tbsp vegetable oil

### Method

1. In a large bowl, mix together the ginger, garlic, soy sauce, honey and lemon juice. Take 4 tablespoons of the marinade and set aside. Trim the chicken thighs neatly. Add to the bowl with the remaining marinade and mix well. Set aside for 20 minutes, or overnight if you like.
2. Preheat the oven to 200°C/fan180°C/gas 6. Lift the chicken from the marinade – leave the marinade in the bowl – and lay on a large lined baking sheet in a single layer. Cook for 20 minutes, then turn over and brush with the marinade from the bowl. Cook for a further 20 minutes, until cooked through and golden.