

HONEY GARLIC CHICKEN BREASTS

INGREDIENTS

500g, boneless and skinless

Salt and pepper

60 g flour

(50g) unsalted butter (or 2 1/2 tbsp olive oil)

2 garlic cloves , minced

1.5 tbsp apple cider vinegar (or white or other clear vinegar)

1 tbsp soy sauce , light or all purpose)

90 g honey

INSTRUCTIONS

Step 1: Cut the breasts in half horizontally to create 4 steaks in total. Sprinkle each side with salt and pepper.

Step 2: Place flour in a shallow dish. Coat chicken in flour and shake off excess.

Step 3: Melt most of the butter in a large skillet over high heat – hold back about 1 tsp for later.

Step 4: Place chicken in skillet and cook for 2 – 3 minutes until golden. Turn and cook the other side for 1 minute.

Step 5: Turn heat down slightly to medium high.

Step 6: Make a bit of room in the pan and add garlic and top with remaining dab of butter. Stir garlic briefly once butter melts.

Step 7: Add vinegar, soy sauce and honey. Stir / shake pan to combine. Bring sauce to simmer, then simmer for 1 minute or until slightly thickened.

Step 8: Turn chicken to coat in sauce. If the sauce gets too thick, add a touch of water and stir.

Step 9: Remove from stove immediately. Place chicken on plates and drizzle over remaining sauce.

THE COOKERY

by The Secret Jozi Chef