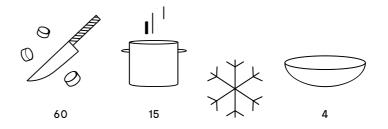




## **Honey Glazed Chicken**

Tender, juicy, FULL of flavour, a great recipe to jazz up grilled or BBQ chicken.



## Ingredients

175g barbecue sauce 175g The Groovy Food Company Organic Acacia Honey

2 / 3 tablespoons olive oil

2 /3 tablespoons lemon juice or apple cider vinegar1 /3 tablespoons sriracha, optional and to taste

2 /4 cloves garlic, finely minced or pressed

1 teaspoon freshly ground black pepper, or to taste Pack of organic chicken wings

Fresh coriander or parsley, optional for garnishing

## **Directions**

- To Make the marinade, in a large bowl combine your BBQ Sauce, Honey, Olive Oil, Lemon Juice, Sriracha, Garlic and Seasoning.
- Add your Chicken wings to the marinade and stir until well coated, then cover with cling film. Place in the fridge to marinate for at least 1 hour (overnight is great if you can plan ahead).
- Preheat an outdoor BBQ grill to medium-high heat (or indoor grill pan) and grill the chicken for about 10 minutes, or until done; flip intermittently to ensure even cooking.
- 4. Garnish with fresh herbs and serve immediately, delicious with a green salad and salad potatoes.