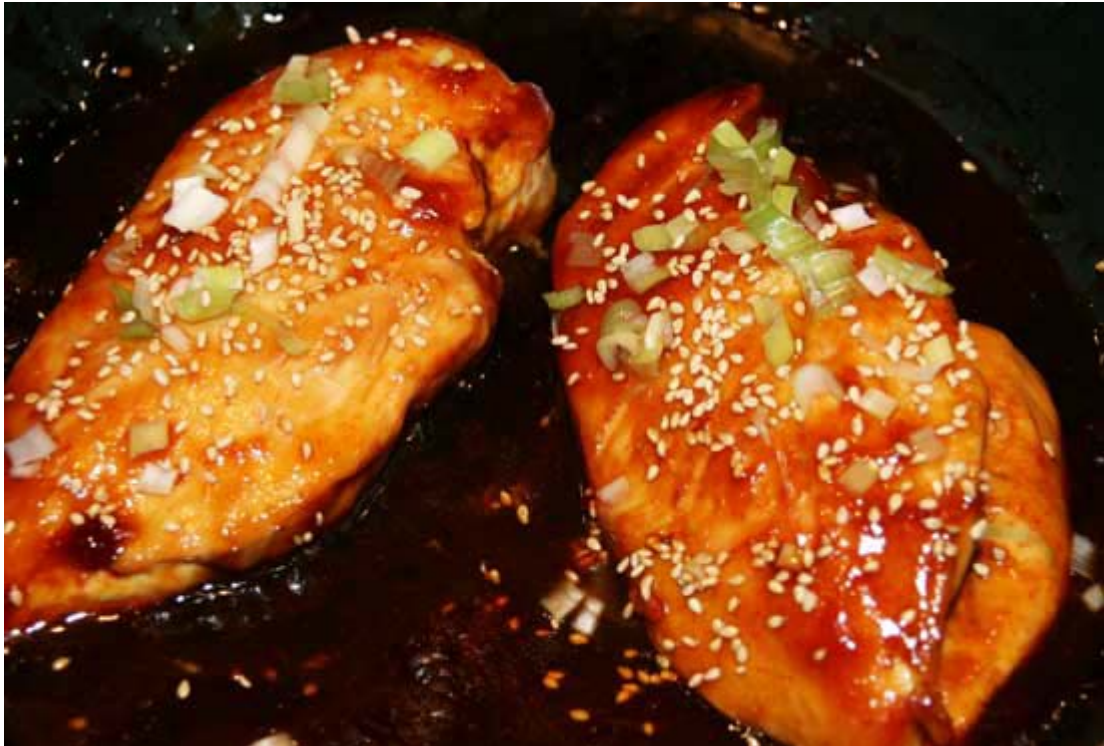


Best Baked Honey Chicken



Serves 4

Prep 10 mins

Cooking 35 mins

Easy

Ingredients

60ml low-sodium soy sauce
3 tbsp. honey
juice of 1 lime
1 tsp. sriracha (optional)
2 tbsp. sesame oil
1 tbsp. cornflour
500g boneless skinless chicken breasts
sesame seeds, for garnish
spring onions, for garnish
some water to add to the sauce

1. Preheat oven to 200C/ 180C Fan/Gas 6. Make glaze: In a medium bowl, whisk together soy sauce, honey, lime juice, (Sriracha), 1 tablespoon sesame oil, and cornflour
2. Season chicken with salt and pepper. In an ovenproof skillet over medium-high heat, heat oil. Sear chicken and let cook until golden, 4 minutes, then flip and let cook 4 minutes more. Pour over glaze and transfer to oven. Keep an eye out to make sure the sauce doesn't burn and add a little water if the sauce is too thick.
3. Bake until chicken is cooked through, about 25 minutes.
4. Garnish with spring onions and sesame seeds.