

Sticky Fingers Chicken



Serves 4

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

2 tbsp Worcestershire sauce
2 tbsp orange juice
2 tbsp mustard
2 tbsp clear honey
4 chicken thighs (skin on)
4 chicken drumsticks (skin on)

1. Spoon Worcestershire sauce, orange juice, mustard and honey into a bowl and stir them together until they're evenly mixed, then brush all over the chicken pieces.
2. Preheat the oven at 200C/Fan 180C/ Gas 6. Lay the chicken pieces on a tray and cook for 30 minutes, turning and basting occasionally with the glaze from the bowl, until the skin has a wonderfully sticky glaze and the chicken is cooked through - the juices should run clear when you prod near the bone with a fork.
3. Alternatively cook the chicken under a hot grill or on a fine day on the barbecue.