



STICKY BBQ CHICKEN

INGREDIENTS

- 750g chicken breasts cut into small dice or strips

For marinade

- 220g tomato ketchup
- 140g soft light brown sugar
- 130ml light soy sauce
- 4 tbsp apple cider vinegar
- 4 tbsp oil
- 8 tsp Worcester sauce
- 4 garlic cloves, minced

PREP TIME

- Prep time: 45 minutes

SERVINGS

- Serves: 16-20

DIRECTIONS

- 01** Pre-heat oven 190C/170C fan/ gas 6
- 02** Mix all the marinade ingredients into a bowl, add the chicken breasts or thighs and mix well. Marinade for 3 hours but preferably over night
- 03** Line oven dish with foil and top with non stick baking paper. Add the marinated chicken & cook in oven for 20 minutes or until chicken is cooked to 75C +

Serve with potato and carrot batons