

## East West Bake TV Show – Episode 1 BAKED GINGER & SOY CHICKEN



### **BAKED GINGER & SOY CHICKEN (Chef Norman) Ep 1**

Serves 4-6

#### **Ingredients**

- 3 tablespoons vegetable oil
- 100ml sweet soy sauce
- 2 tablespoons honey
- 3cm fresh ginger, peeled and finely chopped
- 4 garlic cloves, minced
- ½ teaspoon fresh ground pepper
- 1.2 kg chicken thighs, with skins
- 300g onion, peeled and quartered
- 200g carrot, peeled and sliced into 1cm wide

Combine coconut oil, soy sauce, honey, ginger and garlic in a large zip lock bag. Give a good mix then add the chicken pieces to the plastic bag. Seal the bag and turn chicken to coat each piece. Refrigerate for a minimum 2 hours to marinate.

Preheat oven to 180°C/160°C fan. Arrange chicken, onion and carrot in a large baking dish. Pour over the leftover marinade on top. Bake for 50 minutes to 1 hour or until chicken is golden and cooked through, turning halfway during cooking. Serve with rice.

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