

SOY CHICKEN BITES



500g boneless chicken thighs, chopped into strips
1/2 cup soy sauce
1/4 cup red wine
1/4 cup sugar
4 tablespoons honey
2 cloves garlic crushed

1. Preheat oven to 180°C
2. Combine all the ingredients except for the chicken in a saucepan and simmer until the sugar is dissolved.
3. In a baking dish add the chicken and sauce and stir to coat the chicken.
4. Put in the oven and bake for 15 minutes. Stir the chicken gently through the sauce and bake for a further 10 to 15 minutes until the chicken is cooked.
5. Serve with rice and enjoy!

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