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Deboned Honey And Mustard Thighs GBC018

Pre-heat oven to 180 deg, remove thighs from marinade reserving any leftover sauce. In a heated frying pan, fry for 2-3 minutes on each side. Pour the reserved marinade into the heated pan and cook until bubbling. Decant chicken and marinade into a suitable baking dish, bake for 10- 15 minutes Season if required and serve with your own mash, chips, veggies or salad.