

RONIB'S KITCHEN

STICKY CHICKEN THIGHS

by RoniB's Kitchen Recipe Collection

Ingredients

- 1-kilo chicken thighs skin on
- 1/2 cup RoniB's Kitchen BBQ Marinade
- 1/4 cup honey
- 1/4 cup wholegrain mustard
- 3 tbsp pineapple juice
- Ground pepper, to taste

Directions

1. Mix all the ingredients in a bowl and marinate for at least 2 hours. Overnight is better
2. Preheat oven to 180C.
3. Bring chicken to room temperature
4. Oil a roasting tin and pour the chicken with the marinade
5. When oven is ready, put in the roasting tin with the chicken and bake for 35 to 45 minutes or until chicken is cooked

Product



PREPARATION: 2 HOURS 10 MIN

COOKING: 45 MIN

READY IN: 2 HOURS 55 MINS

Serving:

IServe with rice, fries or salad.