

HONEY GARLIC CHICKEN

Ingredients:

- 4 pack chicken breast
- 2 tablespoons corn starch
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablepoons vegetable oil
- 1 tablespoon margarine
- 6 cloves garlic, minced
- 1/3 cup honey
- 1/3 cup chicken stock
- 1 tablespoon rice vinegar
- 1 tablespoon soy sauce
- Fresh parsley and/or chilli flakes (garnish)



(this picture sucks... but it tastes good)

Instructions:

- (1) Cut gross parts off the chicken breasts and pat dry with a paper towell. Toss in a large bowl with the salt, pepper, and corn starch.
- (2) Heat the vegetable oil in a large pan on high. Once hot, add the chicken breasts and cook on one side until brown (4-5 min). Flip and cook on the other side for about 2 minutes.
- (3) Add the margarine and garlic to the pan and stir.
- (4) In a seperate bowl, make the sauce by combining the honey, soy sauce, rice vinegar, and soy sauce. Add the sauce to the pan and bring to a boil. Decrease heat, cover, and let simmer for 5 minutes, or until chicken is cooked.
- (5) Garnish with fresh parsely and/or chilli flakes. Serve over rice.