



Honey Chicken

Oscar · 28/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

8 hrs 30 mins

Description

Chicken breasts bathed in a tangy citrus honey marinade then baked This is a great marinade for chicken breasts For a more lowfat recipe try reducing the amount of oil As far as I can tell its just used to glue the marinade to the chicken

Ingredients

- - ¾ cup orange juice - 2 tablespoons fresh lemon juice - ¼ cup olive oil - ½ cup honey - 1 teaspoon salt - ½ teaspoon ground black pepper - 1 teaspoon curry powder - ½ teaspoon paprika - 4 skinless
- boneless chicken breast halves

Instructions

1. To Marinate: In a nonporous glass dish or bowl
2. combine the orange juice
3. lemon juice
4. oil
5. honey
6. salt
7. pepper
8. curry powder and paprika. Mix well
9. then add chicken breasts and toss to coat. Cover dish and refrigerate to marinate overnight. Preheat oven to 350 degrees F (175 degrees C). Remove chicken from marinade
10. discarding of any remaining marinade
11. and place in a lightly greased 9x13 inch baking dish. Bake at 350 degrees F (175 degrees C) for about 20 to 25 minutes
12. or until chicken is cooked through and juices run clear. Note The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
13. ingredients
14. cooking method
15. etc.
16. the actual amount of the marinade consumed will vary.