

Sticky Lemon Chicken

By Ryana on August 26, 2007



Prep Time: 15 mins Total Time: 35 mins Servings: 4

Ingredients

- 4 boneless skinless chicken breasts
- 1 pinch sea salt & fresh black pepper
- 3 -4 tablespoons olive oil
- 1 head garlic, halved horizontally
- 3 sprigs thyme
- 1/4 cup red wine vinegar (can adjust to taste or preference) or 1/4 cup sherry wine vinegar (can adjust to taste or preference)
- 2 tablespoons soy sauce
- 3 tablespoons honey
- 1 lemon, finely sliced
- 1/2-3/4 cup hot water
- 1 bunch flat leaf parsley, chopped

Directions

1. Cut the chicken into large bite-sized pieces. Season with salt and pepper.
2. Heat the olive oil in a large pan and brown the chicken pieces with the garlic and thyme.
3. Once the chicken has browned, add the red wine vinegar and reduce by half. Add the soy sauce and honey and mix.
4. Pour in the hot water (adjust volume according to how saucy you would like it to be) and add the lemon slices. Let it simmer and reduce down until syrupy, about 10 minutes or so. By this time the chicken should be cooked.
5. To serve, sprinkle over some of the reduced sauce and chopped parsley.

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