

Lloyd Platt & Co. - RECIPE N0.15

By Simon Wolman

This recipe will inspire your true love with flavours of the Orient easy to prepare and great tasting

Oriental Inspired Chicken

Main Ingredients:

- Chicken, recipe works well with breasts, legs or thighs;
- A red chilli
- Clove of garlic
- 2 inches of fresh ginger
- Dessert Spoon of Honey
- Juice of a lime
- 2 table spoons of Dark and Light Soy Sauce

The amount of *each* ingredient can be increased to personal preference this is the basic recipe.

Method:

1. Finely chop the garlic, ginger and chilli and place in a bowl. If you like spicy food include the seeds from the chilli.
2. Add the lime juice, honey and soy sauces to the bowl and stir well.
3. Marinade the chicken for at least 1 hour before cooking in the method of your choice, chicken can be barbequed, baked in the oven, stir fried, char grilled or steamed. .

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