



MEXICAN CHICKEN WITH CHILLI AND HONEY

INGREDIENTS

Ingredients for the chicken

- 2 Chicken breasts
- 1 tsp Much Adobo About Nothing
- 1 tbsp olive oil
- 1 tbsp runny honey
- 1 tsp tomato purée

Ingredients for the peppers

- 1/2 green, red and yellow peppers, sliced
- 1/2 tsp Much Adobo About Nothing
- 1 tsp olive oil
- 1 tsp runny honey

Honey is a common sweetener in Mexican foods, and this recipe combines honey with the mild heat in the rub to produce an easy lunch or evening meal.

INSTRUCTIONS

1. Pre-heat the oven to 180 °C
2. Mix together the Much Adobo About Nothing, olive oil, honey and tomato purée
3. Rub the marinade mixture into the chicken breasts and leave for 10 minutes
4. Place the chicken breasts in the middle of the pre-heated oven for 20 minutes
5. Meanwhile mix together all the ingredients for the peppers and fry over a medium high heat on the hob for 7/8 minutes
6. When the chicken breasts are cooked, remove from the oven and allow to rest for 5 minutes
7. Slice the chicken breasts and serve with the peppers and tortilla chips



Feeds
2



Prep time
15 m



Cook time
25m

