

Sticky Chicken

Equipment: Medium sized saucepan 2 zesters 2 juicers Measuring cups and spoons Wooden spoon Baking trays	Ingredients: 30 chicken tenderloins 6 tablespoons of honey Finely grated rind and juice of 2 lemons Finely grated rind and juice of 2 oranges 5 tablespoons of Worcestershire sauce 5 tablespoons of tomato sauce
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What to do:

1. Mix together all ingredients except the chicken. Give the mixture a good stir.
2. Place the chicken in the same bowl. Stir well, ensuring all the chicken is coated in the sticky mixture.
3. Place chicken on a baking tray. Try not to use baking paper (non-recyclable) although this may mean using some elbow grease to clean the trays later on.
4. Cook in a preheated oven, 180°C for about 25 minutes, turning the chicken and basting once. The chicken should be thickly coated in the sticky glaze.
5. Serve hot or chill thoroughly for serving cold.