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## Honey Glazed Chicken

### INGREDIENTS:

Chicken cut into 8 pieces

4 tsp honey

4 tsp olive oil

4 tsp lemon juice

Salt and pepper

4 cloves of garlic

2 onions

### METHOD:

Preheat oven to 200C (392F) or gas mark 6.

Mix the honey, olive oil and lemon juice together and season to taste. Brush a suitable oven dish with some of the mix and then coat each portion of chicken with the mix and place in the dish. Drizzle any remaining mix over the chicken when finished.

Crush the garlic cloves and spread evenly over the chicken. Finely chop the onion and spread evenly over the chicken.

Cover dish tightly with foil. Cook for 1½ hours. Turn each portion and re-cover for another ½ hour.



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