

Vajko Honey Curry Chicken

THM-Friendly: S

This recipe was a favorite of ours, shared with us by our dear friends the Vajkos. I have changed some of the ingredients to be sugar-free/gluten-free and it is being shared with their permission. ~Kristie Leah

- 3 lbs. of boneless (raw) chicken, diced into bite-size chunks
 - 1 cup Baking Blend
 - ¼ tsp. each of cayenne, salt and pepper
 - ¼ cup each of on-plan brown sugar, lemon juice and honey
 - 1 Tbsp. soy sauce
 - 1 tsp. curry
 - 4 Tbsp. butter
 - 2 additional Tbsp. butter, melted
-
- Preheat the oven to 350 degrees.
 - In a container or ziplock bag, mix the Baking Blend, cayenne, salt and pepper.
 - Dredge the chicken in the flour mixture and then place in a 9x9" pan. Save the leftover dredge, if you have any.
 - Place the 4 Tbsp. of butter in the pan with the chicken. Bake in the oven for 20 minutes.
 - While the chicken is baking, prepare the sauce by taking the 2 Tbsp. of melted butter and combining it with the brown sugar, lemon juice, honey, soy sauce, curry, and a little of the left-over flour dredge (about ½ a Tbsp.). When the chicken has baked the first set of 20 minutes, pour the sauce over the chicken and bake it for another 20 minutes or until thoroughly cooked.

TIPS: You can lighten the impact on your blood sugar by reducing the honey in half and adding a tsp. of honey extract instead. This tastes amazing with some sauteed veggies over cauliflower rice or konjac noodles. Or over brown rice for a yummy crossover.

enJOY!

