

Fast and Furious Chicken (or 4 ingredient Chix)

12 cleaned chicken thighs
4 tablespoons Silan
4 tablespoons Ketchup
4 tablespoons Teriyaki Sauce
4 tablespoons Soy Sauce

Directions:

Preheat the oven to 375 F/190 C.

Take a deep roasting pan and place cleaned chickens inside. If you have squeeze bottles, squeeze 4 tablespoons of each ingredient all over the chickens otherwise, spoon and drizzle all over. Using clean hands or latex gloves, smear all the ingredients over the chicken pieces till completely coated. Pop into preheated oven and roast for 1 hour to 1 hour and 10 minutes or till chicken is golden brown and when pierced with wooden toothpick juices run yellow not red or pink. Wonderful and saucy serve over rice/mashed potatoes/couscous or cooked bulgur.