

CHICKEN WITH ORANGE JUICE, HONEY, GINGER AND MUSTARD



Ingredients (serves 4 people):

500 g chicken breast fillets

1 clove of crushed garlic

1 onion cut in half moon

2 cloves garlic, minced

1 orange juice

1 orange in buds

1/2 cup white wine

1 tsp grated ginger

1 tbsp honey

1 tbsp soy sauce

2 tbsp mustard

Green onions to taste

Salt to taste

Black pepper to taste

Preparation:

1. Cut chicken breast fillets into strips and season with salt, pepper and mashed garlic.
2. Put a drizzle of olive oil in a frying pan and fry the strips.
3. Remove from pan and set aside.
4. In the same frying pan fry the onion and the garlic cloves.
5. Once browned add the other ingredients.
6. Return the chicken and let the sauce thicken.
7. At the time of serving sprinkle green onions to taste.
8. Serves with mashed potatoes prepared according to recipe found in side dishes.