

# Gill's Gourmet Gallery

## Barbecue sticky chicken

### Ingredients:

4 large chicken breasts

Cooking oil spray

For the sauce

4 tbsp sweet chilli sauce

8 tbsp of tomato ketchup

2 tbsp honey

4 tbsp brown sauce

2 tbsp sweet soy sauce

2 tbsp Henderson's relish

100 g brown sugar

1 tsp salt

### Method:

Stir all the sauce ingredients together in a bowl and adjust to your taste.

Chop the chicken into chunks.

Coat the chicken in the sauce, lift and place in a lightly greased ovenproof dish and cook for 30 minutes 180c.

Keep the remaining sauce on the side.

Once the chicken is cooked lift the chicken out of its juices and place in another lightly greased dish.

Smoother with the remaining sauce and heat in the oven for a further 15 minutes 180c.

