

COOKING TO CONNECT

Everyone has a story to share.

HONEY SOY SAUCE CHICKEN



Ingredients

- 1 large onion, sliced
- 3 cloves garlic, sliced
- 1 red chilli, chopped
- 1/3 cup vegetable oil
- 1 potato, cubed
- 1 carrot, sliced
- 1/3 cup frozen peas
- 1kg chicken drumsticks
- 1/4 sweet soy sauce (ketchup manis)
- 1 tbn honey
- 1 tsp salt
- 1 chicken stock cube

Method

1. Heat a heavy based pan over medium high heat, add oil.
2. Fry off onion garlic and chili until onion is caramelised. Add in remaining ingredients, except peas, and stir well.
3. Pop on lid and cook for 30-40 mins over medium heat, until chicken is cooked, and veggies are soft.
4. Add peas in the last 5 mins.
5. Serve with steamed rice.

OUR KATANNING RESIDENT HANISAH LENNOX

My name is Hanisah Lennox born and bred in Katanning and I currently work at the Katanning Library.

I have a family of 3: Brooklyn, Maddox and Lelaniah.

This is a favourite family recipe we all love – simple and delicious!! My kids particularly enjoy it as it is not spicy and are constantly asking me to make it for them.

I hope it becomes your family's favourite as well.



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