



Sweet Smothered Chicken

Prep time 10 minutes

Serving portion 4

Ingredients

- 1 Large Vidalia Sweet Onion
- 2 Carrots
- 1/4 Teaspoon Cayenne Pepper
- 1/8 Teaspoon Black Pepper
- 1/4 Teaspoon Kosher Salt
- 1 Tablespoon Light Olive Oil
- 3 Tablespoons Honey
- 4 Large Boneless, Skinless Chicken Thighs



Preparation:

Slice the onion into a quarter inch onion rings and shred the carrots.



In a medium skillet, add a tablespoon of light olive oil, Cayenne pepper, black pepper the onion rings and sautéed until light golden brown then add the shredded carrots and continue sautéing. In a separate dish prepare the chicken by rubbing it with kosher salt.

Place the chicken thighs on top of the carrots and onions, gently glaze the honey over the chicken, cover and let cook in medium low fire for 15 minutes.



Flip chicken, stir the base and glaze lightly again with honey, cover and allow to cook for another 15 minutes until fully cooked.

If you wish to make the sauce a bit thick, take a side a 1/4 cup of the au jus released by the chicken on a cup and add a tablespoon of tapioca starch, stir until completely dissolved and add it back to the chicken pan letting steep the juices for another 3 minutes.

Serve immediately over rice or starch of your preference, goes well with any greens as well. Enjoy!