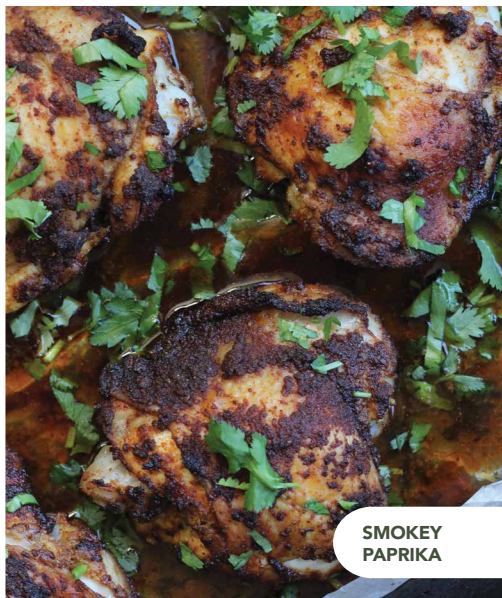


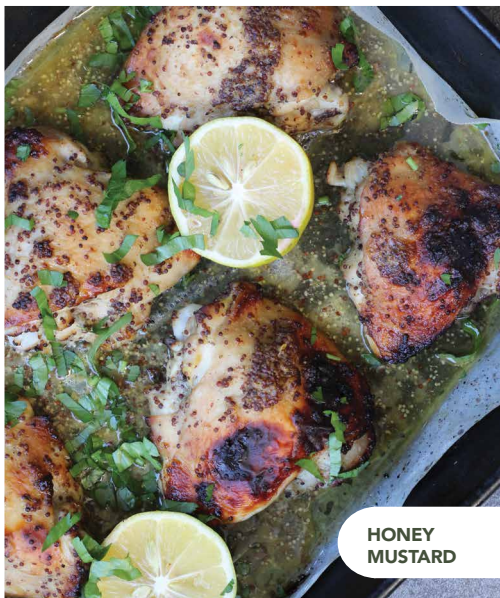
chicken thighs (bone-in)

cooking time 45min

serves 4



**SMOKEY
PAPRIKA**



**HONEY
MUSTARD**

ingredients - smokey paprika

- 1.5 kg bone-in, skin-on certified organic chicken thighs
- 2 tbs smoked paprika
- 1.5 tbs garlic powder
- 1/2 tbs onion powder
- 1/2 tbs ground pepper
- 1 tbs coconut sugar
- 1/2 tbs salt
- 2 tbs olive oil

ingredients - honey mustard

- 1.5 kg bone-in, skin-on certified organic chicken thighs
- 1 tsp salt
- 1 tbs honey
- 2 tbs mustard
- 2 tbs olive oil
- juice and zest of 1 lemon

method

1. preheat oven to 180c.
2. mix all marinade ingredients in a bowl.
3. add chicken and coat well.
4. transfer to a baking tray and bake for 35 minutes.
5. serve with your favourite sides.

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recipe by wellness coach Shan Cooper
from My Food Religion

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