

Chicken thighs with lemon and honey with the thermomix

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10 min 30 min 40 min 3/10 10 5 10

60g of honey
50g lemon juice
40g of olive oil
30g soy sauce
30g ketchup
6 chicken thighs
6 cloves of garlic
salt
pepper
Cayenne pepper

60g of honey
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Discover a delicious sweet and savory meat dish with Thermomix :

Preheat oven to 200°C

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Peel the garlic cloves, put them in the bowl of the Thermomix and program 5 seconds at speed 6.

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Add the lemon, soy sauce, honey, ketchup, salt, pepper, cayenne pepper. Mix all 5 seconds on speed 5.

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Put the chicken thighs in a dish and brush with the sauce for 30 minutes.

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Pour the sauce into the bowl of the Thermomix and set 15 minutes according to temperature reverse varoma by removing the cup.

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Put the chicken thighs in a baking dish and bake 20 minutes at 200°C.

Put the remaining sauce in a bowl for the most indulgent ones. Enjoy. Yum ;)