

DENZY'S SWEET AND SOUR ROYCO MARINATED CHICKEN



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1 packet Royco Sweet and Sour Marinade
1 kg chicken pieces
750 ml mango juice
4 tablespoons honey
juice of half a lemon
4 tablespoons chutney
4 tablespoons tomato sauce
fresh thyme
chicken spice
salt and pepper

Clean chicken and spice with chicken spice and salt and pepper.

In a sauce pan mix all ingredients together and let cook for 10 mins on medium heat.

Braai chicken on medium heated coals until fully cooked.

Brush chicken when done with marinated sauce and braai for another 2 mins a side.

When done put chicken in a pot and throw left over sauce over chicken.

Finish off with thyme. ENJOY!

Recipe and photo: Denzel Koenana