

# Fordhall Farmhouse Recipe

## Slow Cook Honey & Garlic Shredded Chicken



**Serves:** 4 with some leftovers!

### Ingredients:

2 Fordhall Farm free range chicken breasts - Fordhall Farm chicken breasts are very generous in size. If you're using chicken breasts from elsewhere please use 4.

OR

6-8 Fordhall Farm free range chicken thighs

8 tbs honey

8 tbs soy sauce

1.5 tbs hoisen sauce

1.5 cloves garlic crushed

1/2 tsp ginger puree

1/2 tsp sesame oil

1 tbs tomato puree (optional)

1 tbs cornflour

### Cooking Instructions:

- 1 Add the honey, soy sauce, hoisen sauce, garlic, ginger and sesame oil into your crock pot and mix together. Add your chicken breasts or thighs. If using thighs, remove the skin first to prevent the sauce from getting fatty. Cook on low for 4 hours.
- 2 Once cooked remove the chicken from the pot onto a plate and shred using two forks. Transfer the sauce from the crock pot to a saucepan, add the cornflour to a small bowl with a small amount of water and transfer to your saucepan. Stir on a low heat and continue to heat for 10 minutes until piping hot.
- 3 Transfer your shredded chicken to the sauce and coat evenly.
- 4 Serve with your choice of rice and garnish with spring onions and sesame seeds if you wish.

