

ADOBO CHICKEN

Time: 75 minutes

Serves: 8

Ingredients:

200ml soy sauce
200ml suka (cane vinegar)
6 cloves garlic - finely chopped
1 large onion - diced
7g cracked black pepper
8 boneless-skinless chicken breasts
8 bay leaves

Preparation:

Preheat your oven to 190C.

In a large casserole dish, combine the soy sauce, vinegar, garlic, onion and black pepper.

Place the chicken in the pan in an even layer with a bay leaf under each breast.

Cook for 60 minutes or just until chicken reaches an internal temperature of 74C.

Serve warm with the cooking liquid.

Nutritional Information Per Serving:

Calories: 275
Fat: 3g
Carbs: 0g
Fibre: 0g
Protein: 58g