



Ingredients ? Serves up to 10 people :-

1 tablespoon vegetable oil
10 boneless, skinless chicken thighs
175g (6 oz) honey
175ml (6 fl oz) light soy sauce
3 tablespoons ketchup
2 cloves garlic, crushed
1 tablespoon minced fresh root ginger
1 (435g) tin pineapple pieces, drained with juice reserved
2 tablespoons cornflour
4 tablespoons water

Method :-

- (1) Heat oil in a frying pan over medium heat, and brown chicken thighs on all sides.
- (2) Pour honey, soy sauce, ketchup, garlic, ginger and reserved pineapple juice into a slow cooker and mix well. Place thighs in the slow cooker and turn to coat with mixture.
- (3) Cover, and cook 4 hours on High. Stir in pineapple during the final 20 minutes of cooking.
- (4) Mix the cornflour and water in a small bowl. Remove thighs from slow cooker. Blend the cornflour mixture into remaining sauce in the slow cooker to thicken. Serve sauce over the chicken.

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