

Less than 1 hour

Serves 4-6

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Ingredients:

- 3 Tbsp (45ml) canola oil
- 6 chicken drumsticks
- 4 chicken thighs
- Salt and milled pepper
- 2 red onions, sliced
- 1 Tbsp (15ml) PnP crushed garlic & ginger
- 1 Tbsp (15ml) each coriander seeds and nigella seeds (optional)
- 2 cinnamon sticks
- ½ cup (125ml) orange juice
- 1 Tbsp (15ml) honey
- 2 Tbsp (30ml) raisins
- 3 oranges, segmented

To serve:

- Cooked rice and lentil mix
- Handful fresh mint

Method

1. Heat oil in a pot and fry chicken pieces to brown the skin (don't overcrowd the pan).
2. Season well, remove chicken and set aside.
3. Fry onion in the same pot until soft and golden.
4. Add garlic and ginger, seeds and cinnamon, and fry for another minute.
5. Stir in orange juice, honey and raisins and simmer for 2 minutes.
6. Return chicken to pot with some orange segments (keep a few aside for serving).
7. Simmer for 20-25 minutes, until chicken is cooked through and sauce has reduced.

8. Serve on a bed of rice and lentils, garnished with mint and orange segments.

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