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Turmeric Honey Chicken/Tofu

Honey Lady

Silvia Hart

Marinade

Ingredients

1 Tbs Honey Lady turmeric honey
1 Tbs Honey Lady ginger honey
1 Tbs sesame oil
1/2 cup soy sauce

Method

Combine to a paste and marinade chicken or tofu then cook.
Cooks best on the grill over open fire.
I prefer chicken thigh with this but all of the bird works

Coleslaw with a Twist

Dressing

Ingredients

juice and zest from one lemon
juice and zest from 1/2 orange
2cm peeled and grated piece of fresh ginger
1 Tbs of Honey Lady raw honey

Method

Combine until honey dissolved

Salad

Ingredients

1/4 red cabbage
1/4 green cabbage
5-6 carrots
2-3 spring onions
2-3 stalks of celery
1 bunch coriander
1/2 bunch mint
1/2 bunch thai mint (optional)

Method

Shred, slice and dice the above and combine in the dressing.

Additions to salad that work include watercress, kale, baby spinach, snow peas, snow pea sprouts, cucumber