

Asian BBQ Chicken

INGREDIENTS:

- 2 lbs. Boneless chicken thighs
- 1/3 coconut aminos
- 1 T tomato paste
- 2 T apple cider vinegar
- 1 T fish sauce
- 1/3 cup honey
- 2 tsp. Sesame oil
- 2 cloves garlic, minced
- 1 shallot, minced
- 1 T minced fresh ginger

Garnish

- Sesame seeds
- Sliced green onions

- Place the chicken in the slow cooker
- In a medium bowl, whisk together the sauce ingredients until fully combined. Pour the sauce over the chicken.
- Cook the chicken on low for 6-8 hours or on high for 4-6 hours.
- Serve it as is, or follow the remaining directions for a tastier sauce. Transfer the chicken from the slow cooker to a platter, and keep it warm by tenting it with foil.
- Spoon the sauce from the slow cooker into a shallow pan, and bring it to a boil over medium heat. Reduce the heat to medium-low, and simmer the sauce until it is reduced by half, about 5-8 minutes.
- Serve the reduced sauce over the chicken, and garnish with sesame seeds and sliced green onions.

ENJOY!

From: Make Ahead Paleo by Tammy Credicott

