

## Ingredients

|                       | 5 SERVES | 25 SERVES | 50 SERVES |
|-----------------------|----------|-----------|-----------|
| Red wine vinegar      | 2 tbsp   | 125mL     | 250mL     |
| Water                 | 50mL     | 250mL     | 500mL     |
| Honey                 | 50mL     | 250mL     | 500mL     |
| Cornflour             | 1 tsp    | 1 tbsp    | 2 tbsp    |
| Olive oil             | 2 tbsp   | 4 tbsp    | ¼ cup     |
| Chicken thick fillets | 600g     | 3kg       | 6kg       |
| Red onion             | 1        | 5         | 10        |
| Shallots              | 2        | 10        | 20        |
| Red chilli flakes     | ½ tsp    | 2 tsp     | 1 tbsp    |
| Garlic, crushed       | 1 tbsp   | ¼ cup     | ½ cup     |
| Fresh oregano         | 2 tbsp   | ½ cup     | 1 cup     |
| Pears                 | 2        | 10        | 20        |



## Method

1. Preheat oven to 200 degrees celsius.
2. In a bowl, whisk together vinegar, water, honey and cornflour.
3. Heat oil to medium-high heat in pan and cook chicken until brown and crisp. Turn over and cook for a further 3 minutes. Remove from pan and place in baking dish.
4. Reduce heat to medium and cook sliced onion and shallots until translucent. Add garlic and chilli flakes and cook 1 minute more.
5. Add cornstarch mixture and finely chopped oregano and cook until mixture thickens.
6. Slice pears into wedges.
7. Pour onion mixture into a baking dish and place chicken and pears on top. Bake for 20 minutes.

## Nutrition, hints and tips

- **Pear can be swapped for cherries or figs in this recipe**

- **Serve with roast potatoes and steamed vegetables for a balanced meal.**