

Sesame chicken legs

* 1 package of Gold N Plump chicken legs
* ½ cups of soy
* ¼ of Dijon mustard
* 1 tbls olive oil
* ¾ cup honey
* 2 tlbs of spoon of toasted sesame
* Clove of garlic
* 1 tsp of ginger

1. Parboil your chicken leg in water for 15 minutes till cooked thoroughly.
2. Mix remain ingredients in a zip lock bag to make the marinade
3. Then place cooked chicken legs in the marinade
4. Let legs marinate for 30 minutes
5. Heat a sauté pain us a little oil or butter in pan to avoid sticking brown the chicken legs slightly.
6. Then pour marinate in pan and allow the chicken to finish cooking allowing the marinate to reduce and thicken.
7. Remove and serve with favorite side.

This recipe is from www.superexhausted.com/Sesame-chicken-legs/