Paprika chicken

4 meals – 5 min prep – 30 min cooking time

# Ingredients

**Spice Mix**

6 Tbsp Smoked Paprika

4 Tbsp Garlic Powder

2 Tbsp Onion Powder

½ cup of Raw Honey

1 tsp Salt

**Meal Assembly**

20 Chicken Thigh Fillets – 5 per meal

* Or – two and a half chicken breasts sliced horizontally and in half lengthways

3 Tbsp of spice mix per bag

2 Tbsp of homemade mayonnaise

# Directions

Mix all spice ingredients together in a bowl.

Divide spice mix between four ziplock bags, add the homemade mayonnaise and sliced chicken.

Massage until the chicken evenly covered with spice mix.

Label and freeze.

Defrost in fridge and bake in oven at 180\*C for 30-45 min or pan fry in a hot pan until cooked through.

Serve with salad or steamed veggies.

Adapted from letthebakingbegin.com