

Drunk Banana Chicken

- 8 chicken thighs, skinless, boneless and fat removed

Marinade

- 2 T each coconut oil, low-sodium soy sauce, [vermouth](#), lemon juice and [coconut palm nectar](#), (or your favourite sweetener)
- 2 t minced ginger
- 1 clove garlic, minced
- 1 t cumin
- 1/4 t chili powder, or cayenne pepper
- freshly ground black pepper

Garnish

- 1 banana, sliced
- 1 ½ T vermouth
- 1/4 c cilantro leaves

In a square baking dish, mix all the marinade ingredients, then add the chicken. Marinate, refrigerated for 1-3 hours, then bake at 400F for 20 minutes, flipping half way through. Plate the chicken, reserving the sauce.

In a small frying pan, heat the vermouth. Add the sliced banana and sauté for a few minutes on medium heat, flipping once. Place the banana slices on the chicken. Use the same pan to reduce the sauce on medium heat, until it is syrupy. Drizzle the sauce over the chicken and garnish with cilantro.

Serves 4.

Jittery Cook