

Chicken with Malta Sauce



Prep time 10m | Total time 30m | Yields 4 Servings



This sweet and savory chicken recipe wins the award for incredible flavor, perfect tenderness and easy preparation thanks to one special ingredient: GOYA® Malta. With its bubbly carbonation and sweet molasses taste, this refreshing drink tenderizes the chicken while cooking down into a sweet glaze. Mustard and sofrito balance the flavors to make this a chicken recipe that's perfect for any night of the week.

Ingredients

6	boneless chicken thighs
	GOYA® Adobo All-Purpose Seasoning with Pepper
1 tbsp.	GOYA® Extra Virgin Olive Oil
1 tbsp.	GOYA® Sofrito
1 tbsp.	mustard
1 tbsp.	honey
1 tbsp. (12 oz.)	GOYA® Malta
1½ tsp.	corn starch

1
tbsp. finely chopped fresh cilantro

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Directions

- 1 Season chicken thighs all over with Adobo. Transfer to plate and refrigerate, covered, at least 1 hour, or up to 12 hours. Bring to room temperature 15 minutes before cooking.
- 2 Heat oil in large skillet over medium heat. Add chicken. Cook, flipping once, until well browned on both sides, about 7 minutes. Transfer chicken to plate. Add sofrito, mustard and honey to skillet; cook until sofrito begins to sizzle, about 1 minute. Pour malta into skillet and stir to combine with sofrito mixture.
- 3 Add chicken, skin-side up, to skillet. Bring malta to boil. Reduce heat to medium low. Simmer, occasionally spooning malta sauce over chicken, until chicken is cooked through (internal temperature of 165°F) and sauce begins to thicken, about 10 minutes. Transfer chicken to serving platter; tent with foil to keep warm. Meanwhile, mix cornstarch with 1½ tsp. water and stir until combined. Stir cornstarch mixture into sauce; return sauce to boil. Cook, stirring occasionally, until sauce thickens enough to coat back of spoon, about 2 minutes more.
- 4 To serve, pour sauce over chicken; garnish with cilantro.

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