

Honey and Soy Glazed Quail

serves 4

Ingredients:

4 butterflied quail
Juice of 1 orange
1 tsp sesame oil
4 tbsp honey
½ cup light soy sauce
2 star anise
4 cardamon pods
2 cloves garlic flattened
1 tbsp brown sugar
½ knob ginger grated

Method:

Combine all of the ingredients together and marinate the quail in the mixture for approx. 2 hours. Sear the quail in a pan over a medium heat for approx. 4-5 minutes skin side down, then turn over for another 4 minutes. Turn off heat and allow to rest.

Enjoy!

www.brisbanevalleyprotein.com.au

info@brisbanevalleyprotein.com.au | (07) 5426 4665



Created by award winning chef

Jason Pepler