FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

BANG BANG chicken

Serves	Prep Time	Cooking	Total Time	Calories
4 people				**360 kcal**

Stuff that's in it:

• 100Ml Chicken Stock

• 2½Cm Piece Root Ginger (Finely Chopped)

• 2Tbsp Smooth Peanut Butter

• 2Tbsp Runny Honey

• 2Tbsp Sesame Oil

• Pinch Chilli Flakes

• ½ Lime (Juiced)

• 350G Roast Chicken (Shredded)

• ½ Cucumber (Ribboned)

• 1 Large Carrot (Shredded)

• 4 Spring Onions (Sliced)

• 200G Cooked Rice Noodles

• Fresh Coriander (To Garnish)

What you do:

Pour the chicken stock into a saucepan, add the ginger and bring to the boil.

Remove from the heat and allow to cool for 15 minutes so that the ginger infuses the stock.

Put the peanut butter, honey, sesame oil and chilli flakes in a mini processor or a screw-topped jar with the chicken stock, and process or shake well to mix together.

Add the lime juice to taste.

Put the chicken, cucumber, carrot, spring onions and rice noodles into a large bowl and add the dressing. Toss gently. Serve sprinkled with a few fresh coriander leaves.

Show us some □□ if you love.

Nutrition

• Carbs: 25g

• Fat: 17g

• Protein: 27g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com