



FIT FAST COOK

HOMEMADE IS HEALTHY

Spicy Honey Chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				437 kcal

Stuff that's in it:

- 600G Chicken Breast
- 1Tbsp Sweet Chilli Reduced Sugar Sauce
 - 45G Honey
- 2 Cloves Garlic (Chopped Finely)
 - 1Tbsp Sriracha
- 80G Spring Onion (Trimmed And Sliced)
 - 2Tbsp Reduced Sugar Ketchup
 - 1Tsp Oil
- 2 Red Peppers (Chopped)
 - 110G Broccoli Florets
 - 150G Sugar Snap Peas
- 200G Basmati Rice (Dry Weight)
- 1 Green Chilli Pepper Sliced (If You Want It Really Hot)

What you do:

Pop your rice on to cook as per packet instructions

Put your broccoli and sugar snap peas onto steam

In a wok or large deep frying pan, add the oil and heat, fry the chicken and red peppers for around 7 minutes, then drop the whiter parts of the spring onions and cook until the chicken is cooked through, add the garlic and gently fry for a minute.

Mix the ketchup, sriracha, sweet chilli then

Add this to the pan, heat through, add 1 tbsp water to loosen if needed and serve with the rice and veg.

Nutrition

- Carbs: 58g
- Fat: 3g
- Protein: 42g

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