FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Slow cooker honey chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**501 kcal**

Stuff that's in it:

- 150G Baby Mushrooms (Sliced)
- 100G Spring Onions (Trimmed And Sliced)
- 30G Clear Honey
- 150Ml Chicken Stock
- 800G Chicken Breast (4 Large) (With Skin On)
- 1 Tsp Oil
- 1 Tbsp Dijon Mustard
- 100G Frozen Peas
- 100G Reduced Fat Creme Fraiche
- 200G Basmati Rice ((Dry Weight))

What you do:

Nutrition

- Carbs: 49g
- Fat: 8g
- Protein: 56g

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