



FIT FAST COOK

HOMEMADE IS HEALTHY

Chinese chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				492 kcal

Stuff that's in it:

- 200G Mushrooms (Sliced)
 - 1 Tsp Sesame Oil
- 15G Golden Caster Sugar
 - 1 Tsp Cider Vinegar
 - 15G Corn Flour
 - 1 Tsp Olive Oil
- 1 Garlic Clove (Finely Sliced)
- 600G Chicken Breast (Thin Slices)
 - 20G Plain Flour
 - 125G Broccoli Florets
- 200G Basmati Rice ((Dry Weight) Cook As Per Packet Instructions)
 - 100G Carrot (Julienned)
 - 1½ Tbsp Dark Soy Sauce
 - 225Ml Chicken Stock
 - 25G Cashew Nuts
- 1 Pepper (Colour Of Your Choice, Diced)

What you do:

Dust your chicken strips with flour and set aside.

Heat a sauce pan, add the sugar and cornflour, then slowly add the stock, whisking as you go, then add the soy sauce, cider vinegar and sesame oil.

Bring to a boil until thick, set aside.

Put your rice on to cook according to the packet instructions.

In a wok add the mushrooms and carrot for a few minutes until coloured. Add the broccoli and pepper and Stir fry for a minute or 2, then add the garlic and chicken slices. Stir fry on high for around 7 minutes, stirring constantly, making sure nothing sticks to the bottom. Once the chicken is cooked through, pour over the thick sauce and coat all over sprinkle on the cashew nuts and serve with the rice.

Nutrition

• Carbs: 58g

• Fat: 8g

• Protein: 44g

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