

honey chilli chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				kcal

Stuff that's in it:

- 4 Chicken Breast
- 2 Tsp Garlic Powder
 - 1 Large Egg
 - 30G Cornflour
 -
- Sauce:
 - 2 Tbsp Reduced Sugar Ketchup
 - 2 Tbsp Soy Sauce
 - 1 Tbsp Honey
 - Xxx Xxx (Xxx)
 - Squeeze Of Lemon Juice
- 3 Tbsp Sweet Chilli Sauce Reduced Sugar
 - Ground Nut Oil
 - 1 Onion (Diced)
 - 1 Red Pepper (Diced)
 - ½ Courgette (Diced)
- Sesame Seeds To Garnish

- Cooked Rice

What you do:

just used what vegetables I had in fridge. You can always add what you have rather than what's in a recipe re veggies.

So this is super easy and the chicken Is so soft!

Chop your chicken pieces into small chunks, take a bowl and whisk the egg in it, add.

The garlic powder and whisk, then add the cornflour out and whisk until thick and smooth, add the chicken and coat all over, set aside.

Heat a wok and add the chicken pieces, fry all over until cooked through, you may need to do this in batches, the chicken takes slightly longer to cook in batter, try to turn gently so the batter remains intact, should be done in around 7-10 minutes, check inside the chicken , whisk be over 75°c and juices run clear. Remove chicken to a plate and then reheat wok, add all the veg and gently stir fry for Around 5 minutes.

Add the chicken back to the wok and heat everything together.

Whisk all the sauce ingredients together and add to the chicken last, gently warm through them serve with rice and broccoli

Nutrition

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