FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken with Light Sweet and Sour Sauce



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**424 kcal**

Stuff that's in it:

• 300G Chicken Breast (Large Cubes)

• 1 Large Egg

• Pinch Chinese 5 Spice

• 80G Reduced Sugar Ketchup

• 15G Soft Brown Sugar

• 10G Cornflour (Mixed With A Tiny Bit Of Water To Make A Paste)

• 180Ml Hot Water

• Squeeze Of Lime Juice

• 15Ml Dark Soy Sauce

• Pinch Chilli Flakes

• 1 Tsp Groundnut Oil

• 150G Broccoli Florets (Small Florets)

• 150G Butternut Squash Spaghetti (Pre Made)

• 100G Shiitake Mushroom

• 100G Spring Onions (Sliced)

• Sesame Seeds To Garnish

• Pea Shoot Salad

What you do:

Pre heat your oven to 180˚c

Whisk the egg in a bowl.

Heat a wok.

Sprinkle the 5 spice into the chicken, dip in egg generously and drop into the hot wok, turn each gently so the egg sticks, then place on a baking tray and bake for 20 mins until cooked through.

Meanwhile make the sauce , add the ketchup and sugar and soy sauce to a saucepan, heat, mix in the hot water until combined , add chilli flakes, then add the cornflour mixture, finish with a squirt of fresh lime, gently bring to simmer until thick then set aside.

In a wok add your spring onion, squash, peashoot salad , mushrooms and broccoli, stir fry everything for around 3/4 mins and then add your cooked chicken, then serve and pour the sauce all over each plate, garnish with sesame seeds ... I've just had it and it was lush ... with 8g of fibre too!!

Nutrition

- Carbs: 37g
- Fat: 8g
- Protein: 48g

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