FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Malaysian Chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**410 kcal**

Stuff that's in it:

- 1 Tbsp Olive Oil
- 600G Chicken Breast (Diced)
- 1 Onion (Sliced)
- 3 Cloves Garlic (Sliced)
- 1 Lemon Grass Stick, Finely Chopped (Tough Outer Leaves Removed)
- 1 Fresh Chilli Red/Green (Chopped Finely)
- 1 Cinnamon Stick
- 1 Red Pepper (Sliced)
- 1 Yellow Pepper (Sliced)
- 2 Whole Star Anise
- 1 Tsp Turmeric
- 200Ml Chicken Stock
- 2 Tsp Palm Sugar
- 1 Tbsp Dak Soy Sauce
- 1 Tbsp Fish Sauce
- 1 Can Full Fat Coconut Milk
- 100G Mange Tout

What you do:

Heat a wok and add the olive oil , pan fry the chicken cubes for 2 minutes then add the onion and peppers and fry for another 2 minutes. Add the lemongrass and garlic and gently fry for a minute.

Add the palm sugar , turmeric , fish sauce and chopped chillies and stir.

Add the star anise and cinnamon stick then add the stock and bring to a bubble , simmer for 5 minutes then add the coconut milk , stir through and continue to simmer for 10-15 minutes until silky and golden , add the mange tout toward the end as it cooks rapidly

*Remove the cinnamon stick and star anise before serving

Serve with rice and sweetcorn or whatever veg you enjoy

Nutrition

- Carbs: 17g
- Fat: 22g
- Protein: 40g
- Fibre: 4g
- Saturated Fat: 1g

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