FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Sticky Ginger Chicken

Serves	Prep Time	Cooking	Total Time	Calories
4 people	**1hr 30 (inc marinating)**	**20 minutes**	**1 hour 50 minutes**	**418 kcal**

Stuff that's in it:

What you do:

Place the chicken thighs In a bowl , add the ginger, kejap manis, soy sauce , rice wine vinegar , fresh ginger , chilliand sugar , then mix everything together. Cover with cling film and refrigerate for around 1 hour or more. (At least 15 minutes)

When you're ready, heat a wok and add the oil, then add the thick parts of the pak choi, spring onion whiter parts and carrot ad stir fry for 2 minutes. Then add the leafy part of the pak choi ad some fresh coriander, fry fro another 2 minutes then remove to a seperate dish. Add the marinated chicken to the wok along with all the sauce and fry for around 10 minutes, after 7 you will see the sauce turn into a glaze so reduce the heat a little.

Serve over the veggies and garnish with more coriander

(Goes great with rice or noodles)

Serves 4

Nutrition info per portion approx

Carbs 31g, fat14g, sat fat 3g, fibre 2g, protein 42g

Calories 418

Reduce fat, swap thighs for breast meat

Increase fibre , add sugar snap peas, sweetcorn and swap white rice to brown

Nutrition

• Carbs: 31g

• Fat: 14g

• Protein: 42g

• Fibre: 2g

• Saturated Fat: 3g

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