

STICKY HONEY SESAME CHICKEN

Bringing the flavours of your favourite Chinese takeaway. Serve with pak choi and fluffy brown basmati rice to soak up all the flavour. It's ready in 20!

Serves 2 and provides: 514 kcal, 49g protein, 51g carbohydrates and 9g fat

INGREDIENTS :

- 250g steamed brown basmati rice
- 25g honey
- 1 tbsp rice vinegar
- 2 tbsp tamari (Soya)
- 2 tbsp tomato purée
- 1 tsp sesame seeds (Sesame)
- 1 pak choi
- 1 pepper
- 4cm fresh ginger
- 1 spring onion
- 300g diced British Free Range chicken breast
- 1 tbsp cornflour (use half)
- 2 garlic clove

METHOD :

Prep the chicken & veg

- Place the chicken in the large bowl with the half pack of cornflour and a pinch of salt and pepper. Toss the chicken to coat evenly
- Finely grate the garlic and ginger. Dice the pepper into 2cm chunks. Trim and cut the pak choi into bite-sized pieces. Finely slice the spring onion

Build the dish

- Heat the medium frying pan with 1 tsp oil on medium-high heat. Once hot, add the chicken and pepper and cook for 10 mins, until golden brown
- Add the garlic, ginger and half the sesame seeds, then cook for 2 mins
- Stir in the tomato puree, tamari, vinegar, honey and 2 tbsp water (1 tbsp for 1 person). Cover with a lid and cook for 2-3 mins, until the chicken is cooked through

Make the pak choi rice

- Meanwhile, heat the medium saucepan with 1 tsp oil on medium-high heat. Once hot, add the pak choi and spring onion and cook for 2-3 mins
- Add the rice, a pinch of salt and a splash of water. Break the rice up with a wooden spoon and cook for 2-3 mins, until piping hot

Plate - garnish with sesame seeds - and enjoy!

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PREP TIME: 10 MINUTES | COOK TIME: 20 MINS

