

Sticky Lemon Chicken



Ingredients

1 tbsp honey

Juice 1 lemon

250ml chicken stock

1 tbsp soy sauce

4 chicken breasts, cut into chunks

1 tbsp cornflour

1 tsp vegetable oil

2 carrots, finely sliced

1 red pepper, cut into chunks

140g sugar snap peas

Method

In a jug, mix together the honey, lemon, stock and soy, then set aside. Toss the chicken with the cornflour so it's completely coated. Heat the oil in a non-stick frying pan, then fry the chicken until it changes colour and starts to become crisp around the edges.

Add the carrots and red pepper, then fry for 1 min more. Pour the stock into the pan, bring to a simmer, then add the sugar snap peas and bubble everything together for 5 mins until the chicken is cooked and the veg are tender. Serve with noodles.

This dish is a low fat dish and is healthy and has no spice in it all and has plenty of vegetables.