

## Malaysian Chicken



| Serves          | Prep Time | Cooking | Total Time | Calories        |
|-----------------|-----------|---------|------------|-----------------|
| <b>4 people</b> |           |         |            | <b>410 kcal</b> |

### 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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