

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, kecap manis, soy sauce , rice wine vinegar , fresh ginger , chilli and 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 and stir fry for 2 minutes. Then add the leafy part of the pak choi and some fresh coriander, fry for another 2 minutes then remove to a separate 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, fat 14g, sat fat 3g, fibre 2g, protein 42g

Calories 418

☐☐ Reduce fat, swap thighs for breast meat

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

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- Fat: 14g
- Protein: 42g
- Fibre: 2g
- Saturated Fat: 3g

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