



Speedy Sticky Lemon Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 2 chicken breast fillet chunks, skinless and boneless
- 1 small red pepper, sliced
- Small handful fine beans
- Small handful tenderstem broccoli
- 250ml hot chicken stock
- Juice of 1 lemon
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp cornflour
- 150g steamed basmati rice to serve

Instructions

- 1) Stir the lemon juice, soy sauce and honey into the stock and set aside.
- 2) Put the cornflour in a small bowl and roll the chicken around in it to coat.
- 3) Fry the chicken in a hot wok for a few minutes, followed by all of the veg.
- 4) Pour in the lemon stock mixture and simmer for about 5 minutes until everything is cooked through and hot.
- 5) Serve with steamed basmati rice.
