

Sticky Lemon Chicken

- ☐ 250ml Chicken stock
- ☐ Carrot 2 finely sliced
- ☐ Chicken breasts, cut into chunks
- ☐ Chips
- ☐ Cornflour 1 tbsp
- ☐ Honey 1 tbsp
- ☐ Lemon juice 1
- ☐ Red pepper, cut into chunks
- ☐ Sugar snap pea 140g
- ☐ Vegetable oil

Notes:

In a jug, mix together the honey, lemon, stock 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.