

# Chinese garlic, ginger & honey Chicken with Noodles

## Ingredients

- 1 x 125g chicken breast fillet (boned and skinless, diced)
- 4 teaspoons sweet chilli stir fry sauce (I used Sainsbury's)
- 1½ teaspoons runny honey
- 3 cloves fresh garlic (peeled and finely diced)
- 1" (2.7cms) fresh ginger root (peeled and grated)
- 1 tablespoon water
- 1 medium spring onion (trimmed and cut into slanted slices)
- Optional
- Medium Egg Noodles (I used Sharwoods - 30g precooked rice noodles per portion)



## Method

1. Preheat the oven to 180C/350F. Select a sturdy oven dish - preferably non-stick.
2. Place the diced chicken breast into the baking dish.
3. Mix the honey, sweet chilli stir-fry sauce, water, grated ginger & crushed garlic together in a measuring jug. Pour the honey mixture over the chicken breasts, stirring them around in the cooking sauce.
4. Season with salt and freshly ground black pepper to taste and bake in the oven for 10 to 15 minutes. You can also stir-fry them in a wok instead if baking:
  - a. Heat up a wok and add the diced chicken breast - dry fry them briefly to give them a bit of colour and then add the cooking sauce, mix well and cook for about 10 minutes over a medium heat.)
5. Garnish with the sliced spring onions and serve with egg noodles or steamed fresh vegetables, or stir-fry vegetables.
6. 200 calories per portion WITH the egg noodles and only 98 calories without the egg noodles.

## Notes

Serves 1 to 2. Prep time 5 minutes. Cook time 15 minutes Total time 20 minutes Meal type Lunch, Main Dish