

Chicken in a spicy soy sauce

Serves 2



Ingredients

- 25ml soy sauce
- 1 tsp honey
- 1 large clove garlic, peeled and finely grated or minced
- 2 tsp finely grated fresh ginger
- 1/2 fresh red chilli seeded and minced
- 1 tsp sesame oil
- 1 tsp rapeseed oil
- 200g skinless chicken thigh or breast (or meat-free alternative) cut into 1cm strips
- 300g vegetables such as sliced carrots and courgettes, mangetout and baby sweetcorn

Method

Whisk soy sauce and sugar in a medium bowl until the sugar is completely dissolved. Stir in garlic, ginger, chilli and sesame oil.

Place chicken in a resealable plastic bag. Add the marinade and seal the bag, squeezing air out. Turn the bag to coat the chicken strips. Refrigerate for 1-2 hours, turning the bag once to redistribute the marinade.

Heat the oil in a wok or frying pan over a medium heat. Add the chicken and marinade. Stir-fry until the chicken is almost cooked through and starts to brown, about 5-8 mins. Add the vegetables and cook for another 5 mins.

Serve with a portion of brown rice.